

The Roots of Resilience Measure (RRM)

Individual resilience is not a ‘fixed trait’ but a variable quality that is both dynamic (subject to change) and interactional (derived from a process of repeated interactions with environmental protective factors). In order to promote resilience, it is therefore necessary to examine a child’s view of their protective factors at any given time. Below are five ‘Roots of Resilience’ that schools can tap into, so as to nurture a young person’s resilience. Look at the fifteen questions with a child or young person. Then add up their positive / negative responses for each question. This simple tool can be used to measure and monitor the resilience of a young person, and to plan what additional support they might need over time. This measure has been designed for use with ‘The Nurturing Resilience Card Deck’ (Ttofa, 2021), published by Routledge.

ROOT 1. FEELING SAFE, LOVED & CARED FOR

- 1. I feel safe, loved and cared for in my school. Y / N
- 2. I spend enough time with adults in my school who listen to me and who are “there for me.” Y / N
- 3. I treat myself with kindness and take time to nurture myself (e.g. eating right, getting enough sleep and exercise). Y / N

ROOT 2. FEELING EMPOWERED

- 4. I spend enough time with adults in my school who let me know they believe in me and tell me “You can succeed”. Y / N
- 5. I know what my strengths are and believe I am good at some things. Y / N
- 6. I believe in myself most of the time, and generally think that I can achieve a goal – even when I find something difficult. Y / N

ROOT 3. FEELING ENGAGED

- 7. What I say is listened to, heard and valued in school. Y / N
- 8. I enjoy school and am involved in one or more fun lunchtime / after-school clubs or other activities. Y / N
- 9. I have opportunities to join in, give or help others at my school. Y / N

ROOT 4. FEELING CONNECTED

- 10. I feel that I belong in school. Y / N
- 11. I spend enough time with friends in groups inside or outside of school (such as a club, sports team, church / place of worship). Y / N
- 12. I feel “close to” some other young people at my school and get on well with them. Y / N

ROOT 5. FEELING ABLE TO COPE

- 13. I know what the rules and routines are in my school and can follow them. Y / N
- 14. I can talk to or express my feelings to someone I trust in school. Y / N
- 15. I know what to do when faced with a situation I find difficult, stressful or upsetting. Y / N

Name of Child:.....

Date:.....

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|-------------|--|
| Total ‘Yes’ | |
| Total ‘No’ | |