

Gold Level

	Date achieved
I constantly strive to achieve my personal goals.	
I embrace risks and relish challenges.	
I can choose appropriate strategies to resolve conflict within my personal relationships.	
I can use criticism positively and use reflection in order to improve.	
I can sustain my attention, resisting distractions, and know why this is important.	
I can organise my own home learning and meet deadlines, sometimes extending myself beyond what was asked of me.	
I can make a significant contribution when working as a team, using my personal strengths and drawing on those of others.	
I can plan, carry out and complete an activity for the satisfaction of having created or learnt something.	
I maintain a positive attitude in both my academic work and my relationships.	
I am willing to take on responsibilities and see them through, for the benefit of the school community.	
I have high aspirations and ambitions, and I have begun to plan how I might achieve them.	
I recognise setbacks and failures, learn from them and change how I do things in the future.	
I understand why it is important to see things through and how it will help me in later life.	
I can use my sense of humour to carry me through and to diffuse difficult situations.	
I am beginning to take responsibility for making sure I eat a healthy and balanced diet.	

Date Gold Achieved Signed



BLETCHINGLEY VILLAGE
PRIMARY SCHOOL

Aiming high • Working together • Achieving our best

Learning to be Resilient



Name

Date started

Bronze Level

	Date achieved
I always do my best.	
I can rise to a challenge.	
I can ask someone to help me when I fall out with my peers.	
I know that getting things wrong helps me to learn.	
I finish what I am doing before moving on.	
I can find things at home to support my learning at school.	
I can work as part of a team.	
I enjoy learning for its own sake.	
I make the most of every day.	
I can do a special job willingly when asked.	
I can talk sensibly about what I would like to be when I grow up.	
I can bounce back when things go wrong.	
With encouragement, I can see an activity through even when it is difficult.	
I can sometimes smile when things haven't gone my way.	
I am willing to try new tastes and foods.	

Date Bronze AchievedSigned

Silver Level

	Date achieved
I set myself challenging goals.	
I set myself challenges and willingly take risks.	
I can choose ways myself to resolve minor difficulties with my peers.	
I can give and receive constructive feedback.	
I can remain focused even when those around me are distracting.	
I can manage my home learning and meet deadlines.	
I can make a key contribution when working in a team.	
I recognise the sense of achievement I gain from my learning.	
I try to remain optimistic when things get tough.	
I notice when things need doing and offer to do them.	
I have some challenging but realistic ambitions for my future.	
I recover quickly from setbacks, and move on.	
I can see things through, even if it involves hard choices.	
I can see the funny side of life in most situations, when it is appropriate.	
I keep trying foods I don't like straightaway, so that I get used to them.	

Date Silver Achieved Signed