



# Skill Passport

Track your progress

My name is:

I work at:



**Skills Builder**  
PARTNERSHIP

# Welcome to your Staying Positive passport!



This is a place for you to record all the steps you are taking to improve your Staying Positive skills. Showing great Staying Positive skills is really important as it helps you manage your emotions effectively, encourage others and identify new opportunities in difficult situations.

Seek guidance from a teacher or mentor, to identify which step to start on. When you show a skill step, you (or your mentor) will write a clear example from curriculum lessons, projects and extra-curricular activities. When you've shown the step at least three times with different examples, you will be ready to tick it off on the back of your passport and move to the next step.

STEP

0

I can tell when I feel positive or negative



EXAMPLE 1



EXAMPLE 2

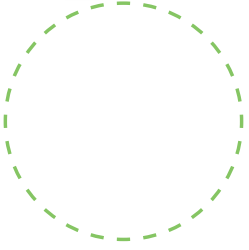


EXAMPLE 3

STEP

1

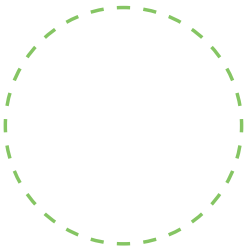
I can tell when others feel positive or negative



EXAMPLE 1



EXAMPLE 2

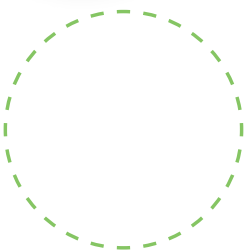


EXAMPLE 3

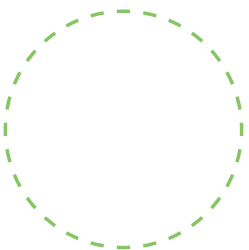
STEP

2

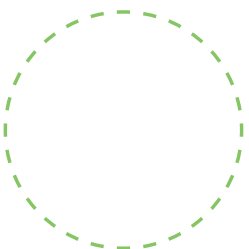
I keep trying when something goes wrong



EXAMPLE 1



EXAMPLE 2

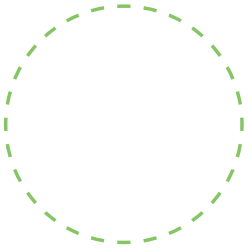


EXAMPLE 3

STEP

3

I keep trying and stay calm when something goes wrong



EXAMPLE 1



EXAMPLE 2



EXAMPLE 3

STEP

4

I keep trying when something goes wrong, and think about what happened



EXAMPLE 1



EXAMPLE 2

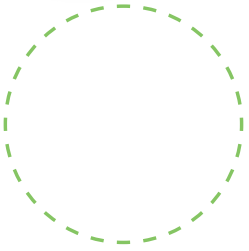


EXAMPLE 3

STEP

5

I keep trying when something goes wrong and help cheer others up



EXAMPLE 1



EXAMPLE 2

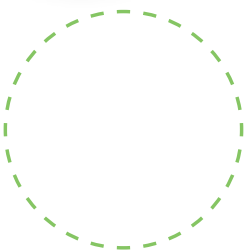


EXAMPLE 3

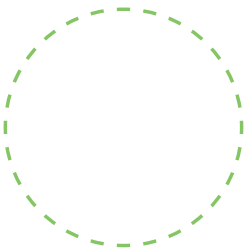
STEP

6

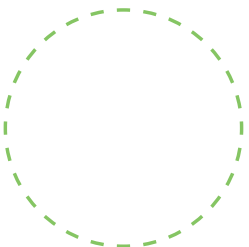
I keep trying when something goes wrong and encourage others to keep trying too



EXAMPLE 1



EXAMPLE 2

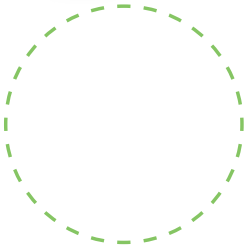


EXAMPLE 3

STEP

7

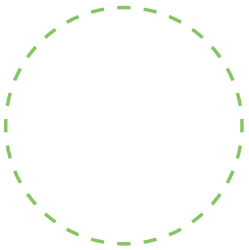
I look for opportunities in difficult situations



EXAMPLE 1



EXAMPLE 2



EXAMPLE 3

STEP

8

I look for opportunities in difficult situations, and share these with others



EXAMPLE 1



EXAMPLE 2



EXAMPLE 3

STEP

9

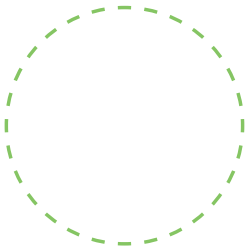
I look for opportunities in difficult situations, and adapt plans to use these opportunities



EXAMPLE 1



EXAMPLE 2



EXAMPLE 3

STEP

10

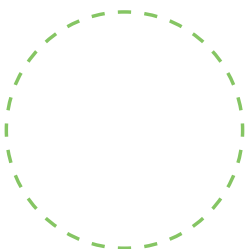
I look for opportunities in difficult situations, and create new plans to use these opportunities



EXAMPLE 1



EXAMPLE 2



EXAMPLE 3

STEP

0

I can tell when I feel positive or negative



STEP

1

I can tell when others feel positive or negative



STEP

2

I keep trying when something goes wrong



STEP

3

I keep trying and stay calm when something goes wrong



STEP

4

I keep trying when something goes wrong, and think about what happened



STEP

5

I keep trying when something goes wrong and help cheer others up



STEP

6

I keep trying when something goes wrong and encourage others to keep trying too



STEP

7

I look for opportunities in difficult situations



STEP

8

I look for opportunities in difficult situations, and share these with others



STEP

9

I look for opportunities in difficult situations, and adapt plans to use these opportunities



STEP

10

I look for opportunities in difficult situations, and create new plans to use these opportunities

