



The Jigsaw Resilience and Engagement Scale (Adult Version)

Pupil's Name:	Class:	Year Group:	Date:
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Item	Rating (1 = Strongly Disagree; 5 = Strongly Agree)					Comments
1. The <i>Pupil</i> learns valuable lessons from their own experiences or mistakes and the experiences of others	1	2	3	4	5	
2. The <i>Pupil</i> adapts quickly to any new situations, is generally curious and asks questions	1	2	3	4	5	
3. Any feelings of anger, loss or discouragement that the <i>Pupil</i> experiences do not last long and they quickly 'bounce back'	1	2	3	4	5	
4. The <i>Pupil</i> is usually optimistic by nature, they expect to overcome difficulties and see them as temporary	1	2	3	4	5	
5. Keeping interested in things is important to the <i>Pupil</i>	1	2	3	4	5	
6. At appropriate times the <i>Pupil</i> can make themselves do things whether they want to or not	1	2	3	4	5	
7. The <i>Pupil</i> does not dwell on things that they can't change or do anything about	1	2	3	4	5	
8. The <i>Pupil</i> has enough energy to cope with everything they do at school	1	2	3	4	5	
9. Distractions don't pull the <i>Pupil</i> away from concentrating on the task at hand	1	2	3	4	5	
10. The <i>Pupil</i> is playful, likes humour and can laugh at themselves	1	2	3	4	5	

Total Score (Max=50)	
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