



## Understanding the anxiety (assessment)

Assessment approach	Making it successful	Resources
<p><b>The Resilience Matrix</b></p>		
<p>Learning more about anxiety</p> <p>Using effective assessment approaches</p>	<p>The Resilience Matrix</p> <p>Use the prompts to assist you.</p> <p>Consider who should contribute to the assessment</p> <p>This may be best completed in a meeting format or through a number of individual consultations between the named person/lead professional and those that know the child well.</p>	<p>GIRFEC Falkirk practitioner pages to support getting it right for every child in Falkirk</p> <p>The Resilience Matrix Template</p> <p><a href="#">GIRFEC Falkirk Practitioner's Blog</a></p> <p>See also:</p> <p>Resilience Factors  <a href="#">resilience-concept-factors-and-models-for-practice.pdf (glowscotland.org.uk)</a></p> <p>A short animation(South Lanarkshire Council, 2016) about the resilience matrix is available here:  <a href="https://www.youtube.com/watch?v=nbRIMeAWY_Y">https://www.youtube.com/watch?v=nbRIMeAWY_Y</a></p>

# Resilience

*Has the individual used strategies in the past when anxious which might help now?*

*Does the individual have supportive friends they can talk to?*

*Is there a member of staff/classmate who the individual responds really well to/is good at noticing increases in anxiety and helping reduce it?*

*Does the individual use any strategies that help when they're anxious?*

*Are there particular classes /activities that the individual is less anxious in?*

# Adversity

*Are there recent events that have triggered an increase in anxiety? At home/in school e.g. parental separation/fallout with friends/upcoming exams?*

*Are there more historical events that have just surfaced which are causing the worry?*

# Protective

## Environment

*Are there particular classes/activities that the individual is more anxious in?*

*Is the individual equally as anxious at home as in school? What do the parents think? Have they noticed the individual's anxiety?*

# Vulnerability

## What we need more information on:

*What are the individual's views? Can they articulate why they're anxious? Do they themselves recognise when they're getting more anxious?*