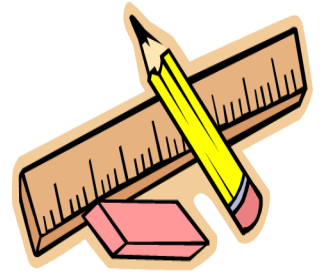




Respect Yourself



Respect Others



Respect Property

Social Skills

Be A Friend To Your Body

Focus:

Your body is always your friend. Sometimes our bodies get tired and stressed. It gives you clues and signs that it is time to rest and relax.

Looks Like :

- Confident and relaxed students.
- Students who are able to calm themselves down in/after stressful situations. e.g. milkshake breathing or quiet time.

Sounds Like:

- Friendly voices.
- Encouraging words.
- Praising other's efforts.

Feels Like :

- Proud that you can listen to what your body is telling you.
- Happy and relaxed.