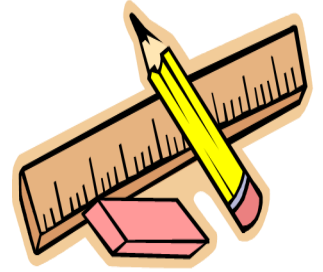




Respect Yourself



Respect Others



Respect Property

# Social Skills

## I Have The Power!

### Focus:

Students learn how to change negative thoughts into more positive or 'helpful' thoughts which in turn will 'help' their behaviour in different situations .

### Looks Like :

- ◆ Students on task in class
- ◆ Students enjoying playtime
- ◆ Students smiling

### Sounds Like:

- "I'm throwing away the 'red' thoughts; they are unhelpful and make me feel upset."
- "I can have a happy day if I choose to."
- "What does this thought mean? What will it make me feel or do?"

### Feels Like :

- ◆ Students feel calm - 'Green' thoughts really help.