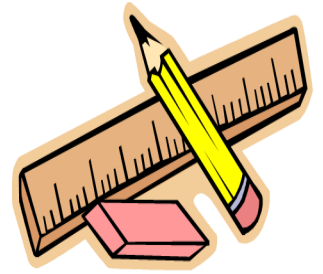




Respect Yourself



Respect Others



Respect Property

Social Skills

It's Easy, Step by Step

Focus:

Using a Coping Step Plan will help students to be brave with new or existing challenges. Breaking things down into small manageable steps can make them easier to achieve.

Looks Like :

- ◆ Students working on new things.
- ◆ Students happy in the class and playground.

Sounds Like:

- *"I can break this hard challenge down into lots of little steps."*
- Students encouraging each other to make up and stay with a step plan.

Feels Like :

- Feels good to not be worried or scared.
- ◆ Feels safe to stay on one step until you are ready to move on.