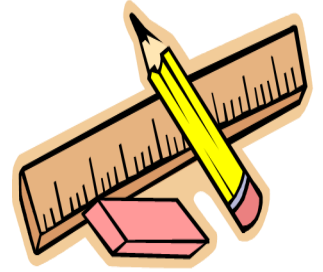




Respect Yourself



Respect Others



Respect Property

# Social Skills

## Look After Yourself

### Focus:

When you are working on goals and challenges it is important to look after yourself with rest and relaxation and to celebrate your efforts and successes. Think of rewards such as a movie night or a family day out.

### Looks Like :

- Students are healthy, well rested and relaxed.
- ♦ Students smiling.

### Sounds Like:

- *"I've done really well with that challenge."*
- Encouraging words from and to others.

### Feels Like :

- ♦ Valuing yourself.
- ♦ Achieving goals is worth celebrating.