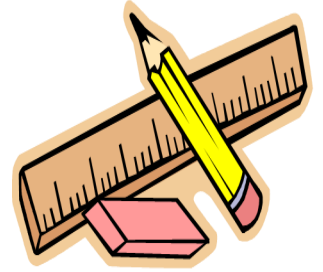




Respect Yourself



Respect Others



Respect Property

Social Skills

Feel It!

Focus:

“Feel It!” helps students understand that everyone feels anxious or worried from time to time and its OK to feel that way. There are ways we can help overcome these feelings; to feel confident and brave. Coping strategies include: expressing feelings, helping others and remembering happy things.

LOOKS LIKE:

- Students making friends and getting to know other people.
- People working together so that everyone has a good time.

SOUNDS LIKE:

- People talking about different positive situations that they experience each day.
- Students using “I” statements.

FEELS LIKE:

- ♦ It is ok to feel nervous and worried.