

Skills for Learning

Focus Attention



Listen



Be Assertive



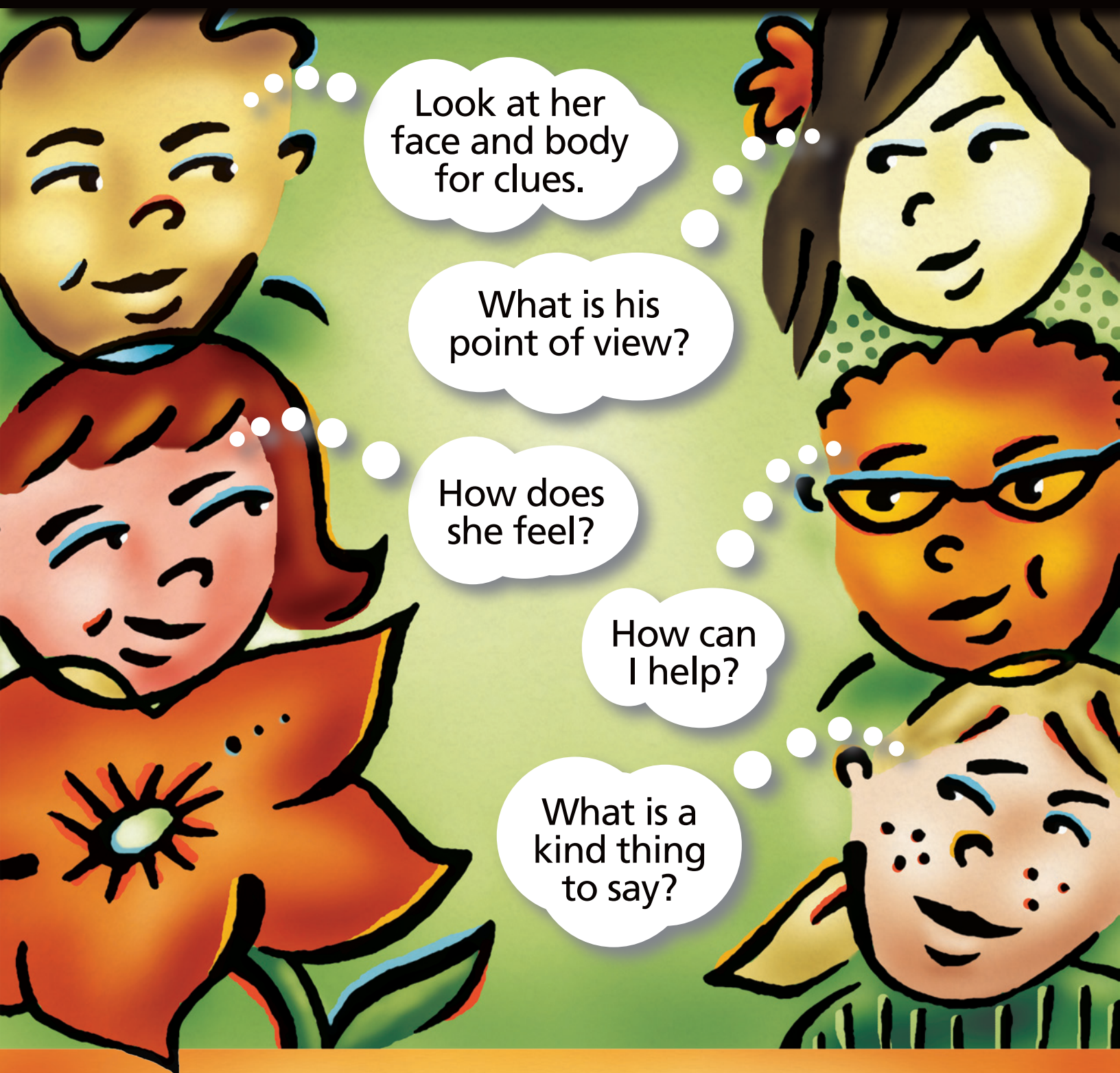
Ignore
distractions

Use Self-Talk



Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!

How to Calm Down



Stop—
use your
signal

Name
your
feeling

**Calm
down:**
breathe
count
use positive self-talk

Problem-Solving Steps



S

**Say the
problem**

.....
without
blame

T

**Think
of
solutions**

.....
safe and
respectful

E

**Explore
consequences**

.....
what could
happen if...

P

**Pick
the
best
solution**

.....
make
your
plan