

Skills for Learning

Focus Attention



Listen



Be Assertive



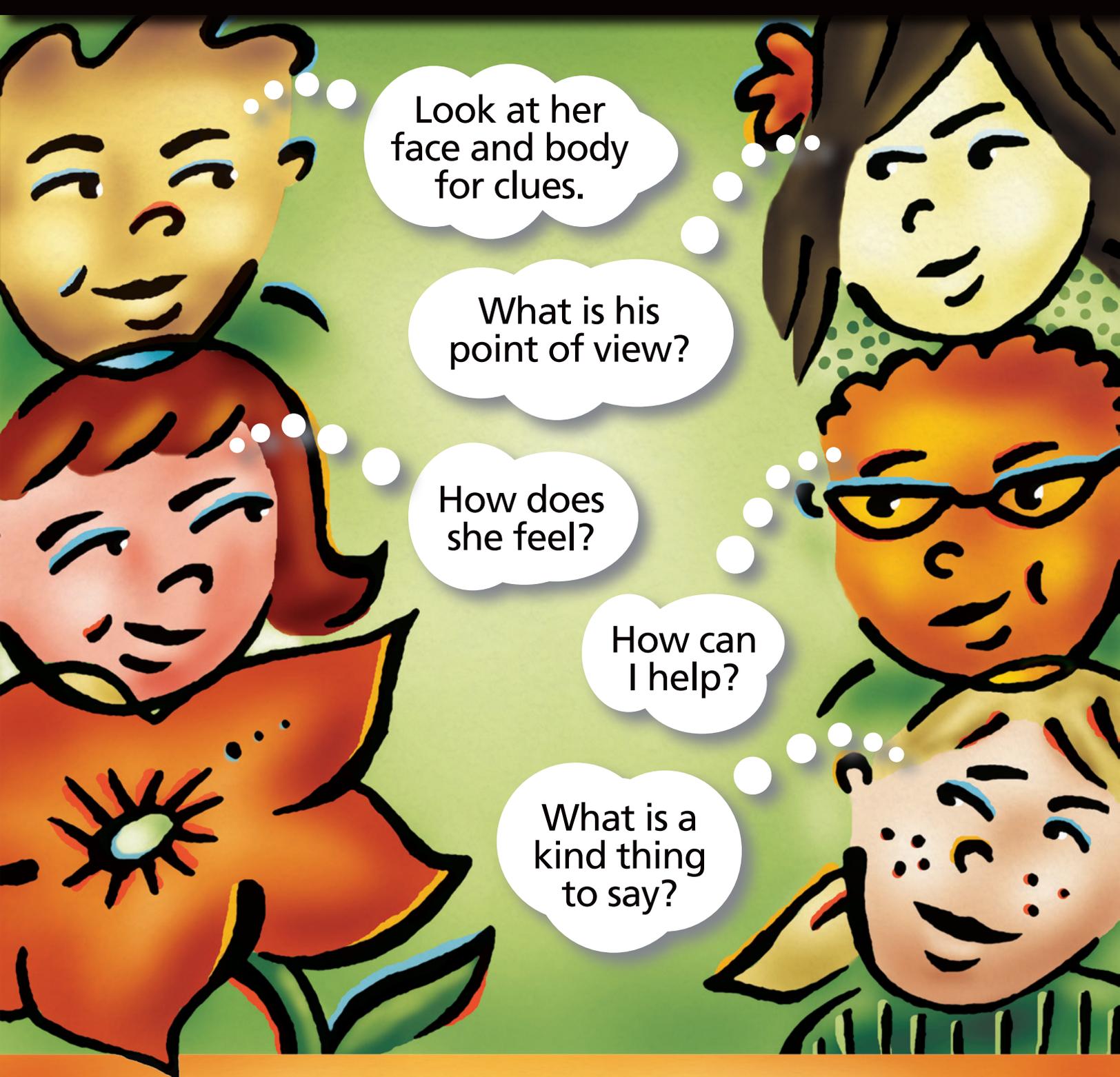
Ignore distractions



Use Self-Talk

Empathy

is feeling or understanding what someone else is feeling.



Look at her face and body for clues.

What is his point of view?

How does she feel?

How can I help?

What is a kind thing to say?

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