

# Skills for Learning

Focus Attention



Be Assertive



Listen



Ignore distractions

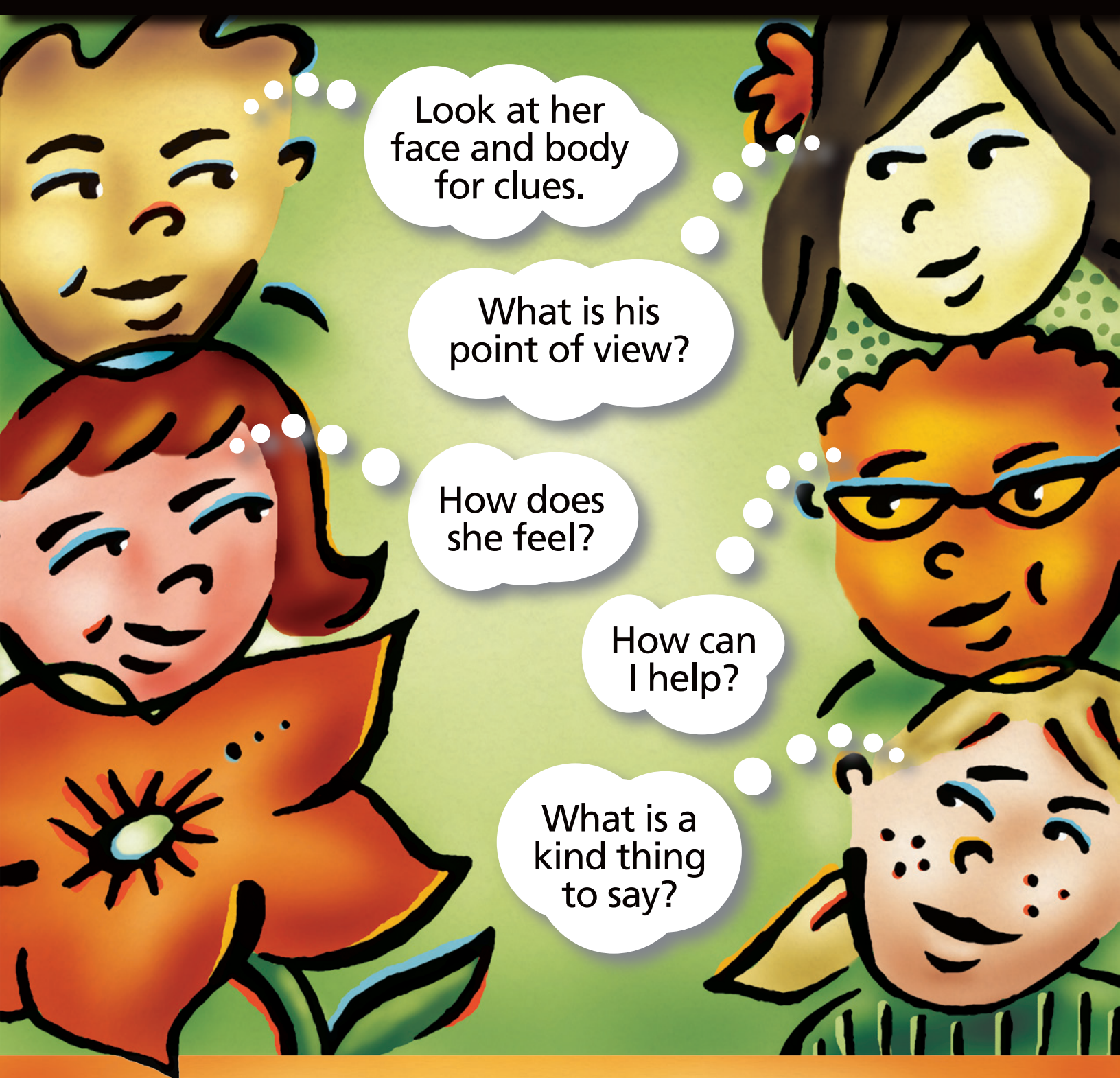


Use Self-Talk



# 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



# Fair Ways to Play

## Sharing



## Trading



## Taking Turns

