

PANDAS IN ACTION



SELF AWARENESS

I name my feelings.

I have a growth mindset.

I am honest.

I KNOW MYSELF

SELF MANAGEMENT

I try hard things.

I follow a routine.

I wait my turn.

I use calming strategies.

I ask for help.

I AM IN CHARGE OF MYSELF

RESPONSIBLE DECISION MAKING

I make good choices.

I take responsibility for my choices.

I solve problems with my friends.

I AM SAFE & RESPONSIBLE

RELATIONSHIP SKILLS

I am a good friend.

I listen to others.

I work well in a group.

I AM A GOOD FRIEND

SOCIAL AWARENESS

I care about how others are feeling.

I respect other people's personal space.

I value people's differences.

I AM KIND & RESPECTFUL

WESTIES IN ACTION



SELF AWARENESS

I name my feelings.

I know my strengths and areas for growth.

I value my individual identity.

I can set boundaries (what I am comfortable with and how I would like others to treat me).

I KNOW MYSELF

SELF MANAGEMENT

I use strategies to manage my feelings and behaviors.

I can follow a routine.

I try to wait my turn.

I persist through challenges.

I set personal goals and work towards them.

I AM IN CHARGE OF MYSELF

RESPONSIBLE DECISION MAKING

I can explain and follow rules and expectations.

I can tell when my choices impact other people.

I make good choices even when no one is watching.

I take responsibility for my choices and behavior.

I CAN MAKE RESPONSIBLE DECISIONS

RELATIONSHIP SKILLS

I can describe the traits of a good friend.

I listen to others.

I work with others to resolve conflict.

I work well as a member of a group.

I WORK TO BUILD HEALTHY RELATIONSHIPS

SOCIAL AWARENESS

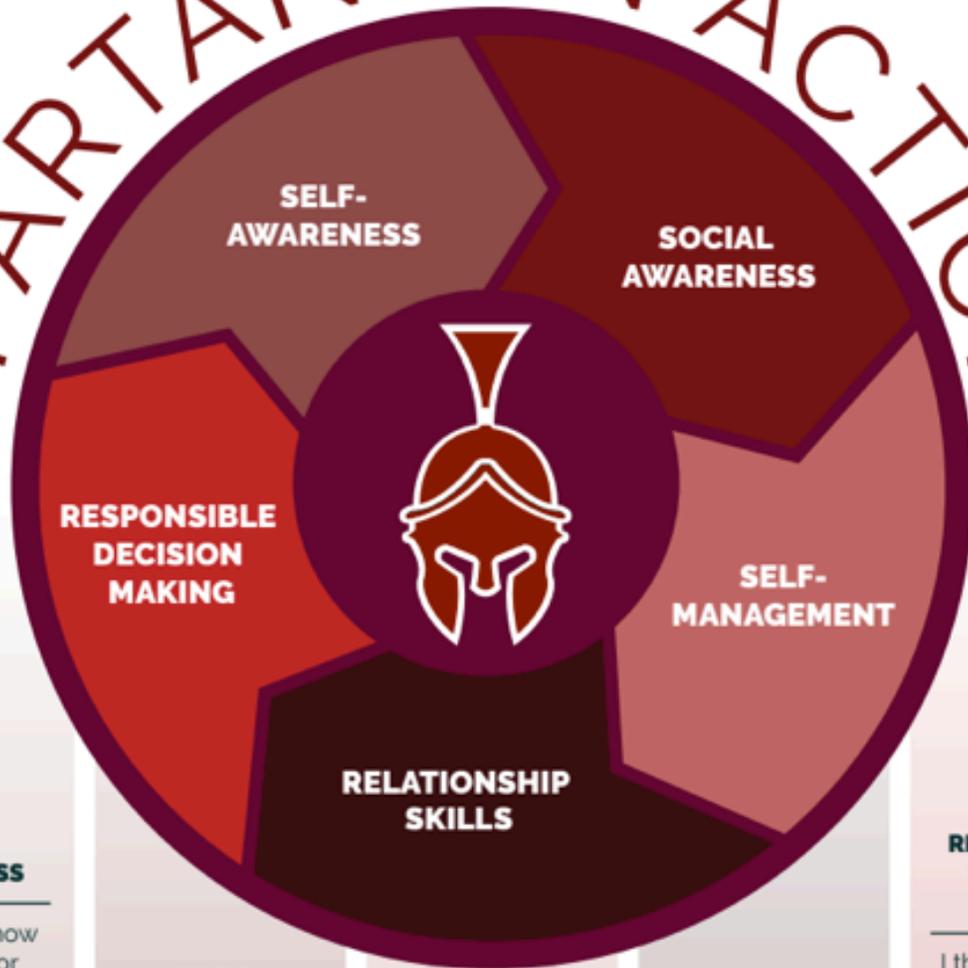
I can identify and care about how others are feeling.

I value the identity and perspective of others.

I respect the boundaries of others.

I SHOW EMPATHY

SPARTANS IN ACTION



SELF-AWARENESS

I recognize how my behavior impacts others.

I know my strengths and areas for growth.

I name my feelings and tell you why I am feeling that way.

I appreciate my individual identity.

SOCIAL AWARENESS

I recognize that each person has strengths.

I recognize others may have different perspectives than me.

I value diversity and the perspectives of others.

I believe all people should be treated with dignity.

SELF-MANAGEMENT

I organize all my materials.

I set personal and academic goals.

I identify necessary steps to meet my goals.

I manage my emotions, thoughts and behaviors.

I implement strategies when feeling distracted or off-task.

RELATIONSHIP SKILLS

I establish and maintain positive relationships.

I help and support my peers.

I actively listen and communicate effectively with others.

I recognize and stand up for the rights of others.

I work well as a member of a team.

RESPONSIBLE DECISION-MAKING

I think about the consequences of my behavior.

I understand the impact my choices and behavior have on others and myself.

I take responsibility for the impact of my choices and behavior.