

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