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

Say the problem without blame

Think of solutions safe and respectful

Explore consequences what could happen if...

Pick the best solution make your plan