



Name: _____

Directions

1. Cut out the cards below and place them face down in a bowl.
2. In the morning, pull a card from the bowl without looking. Read the concepts/skills on the card out loud.
3. Practise these concepts/skills during the day. That evening, report back to an adult family member about how well you practised those skills.
4. If you were not successful, put the card back in the bowl for another day.
5. Each day, draw a new card to practise until there are no cards left in the bowl. By the end of the week, you will have practised all the skills!

Empathy and Respect

Empathy

Feeling or understanding what someone else is feeling. Having empathy helps you respond respectfully and/or in a caring way towards others.

Respect

When you're being respectful, you're considering how others want to be treated and treating them that way.

Listening with Attention

- Focus on the person's words.
- Don't interrupt.
- Ask questions to find out more.
- Repeat what you heard to show you understand.

Assertiveness

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

How to Calm Down

Stop—use your signal.

Name your feeling.

Calm down:

- Breathe
- Count
- Use positive self-talk

Problem Solving

S: Say the problem without blame.

T: Think of solutions.

E: Explore consequences.

P: Pick the best solution.

Checklist for Making a Plan

- The order makes sense.
- There is enough time to do it.
- It's not too complicated.
- It's realistic, and you're able to do it.