

FIVE SKILLS WE'RE BUILDING



Self-awareness

Notice what you feel and what you need.



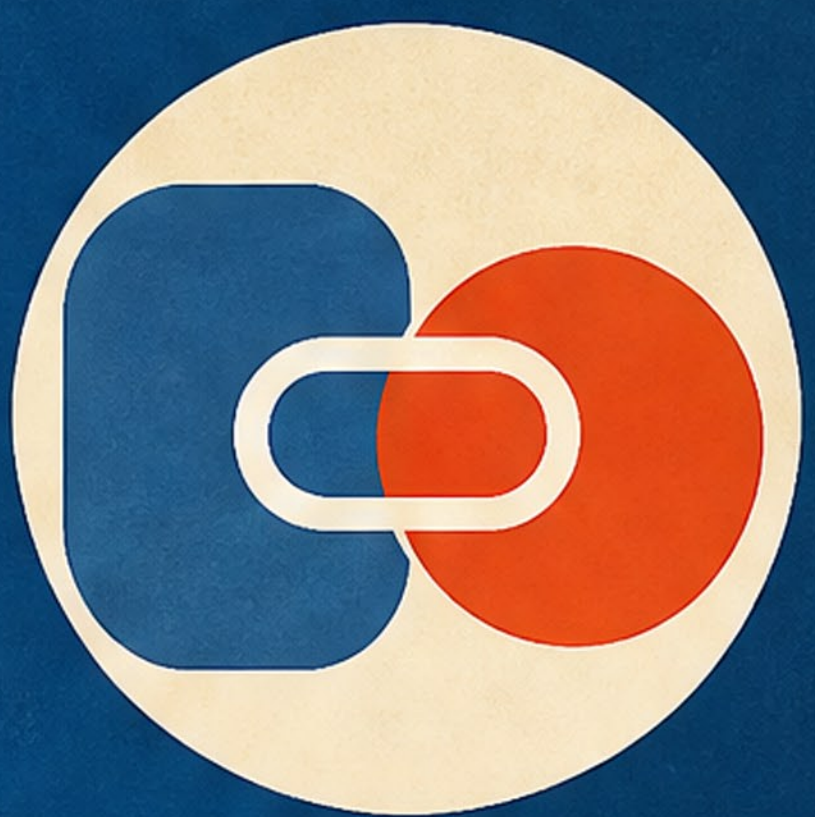
Self-management

Handle emotions and keep moving forward.



Social awareness

Notice what others may be feeling.



Relationship skills

Listen, communicate, and work together.



Responsible decision-making

Think through choices and consequences.