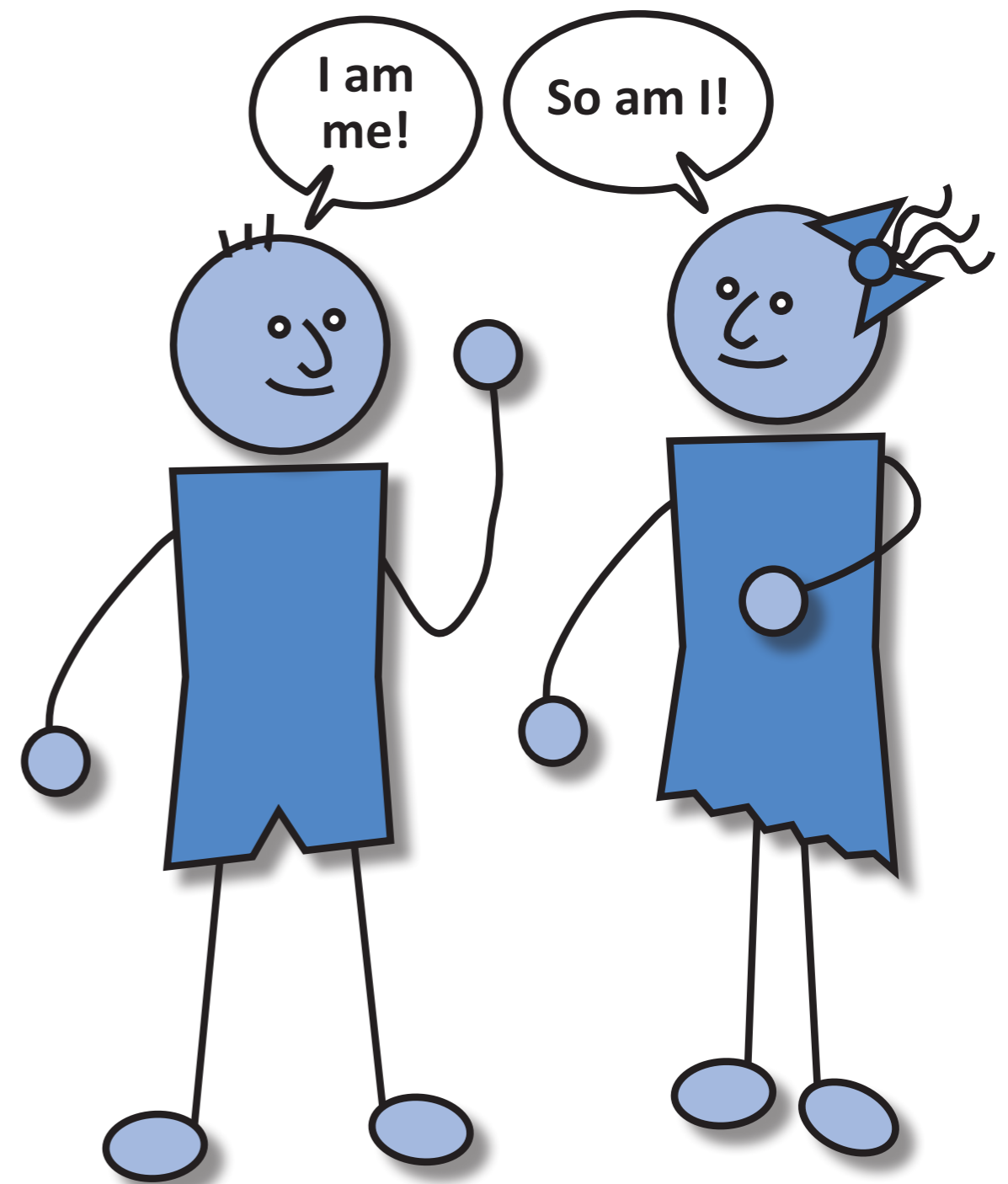


Self awareness

Recognising one's emotions and values as well as one's strengths and limitations

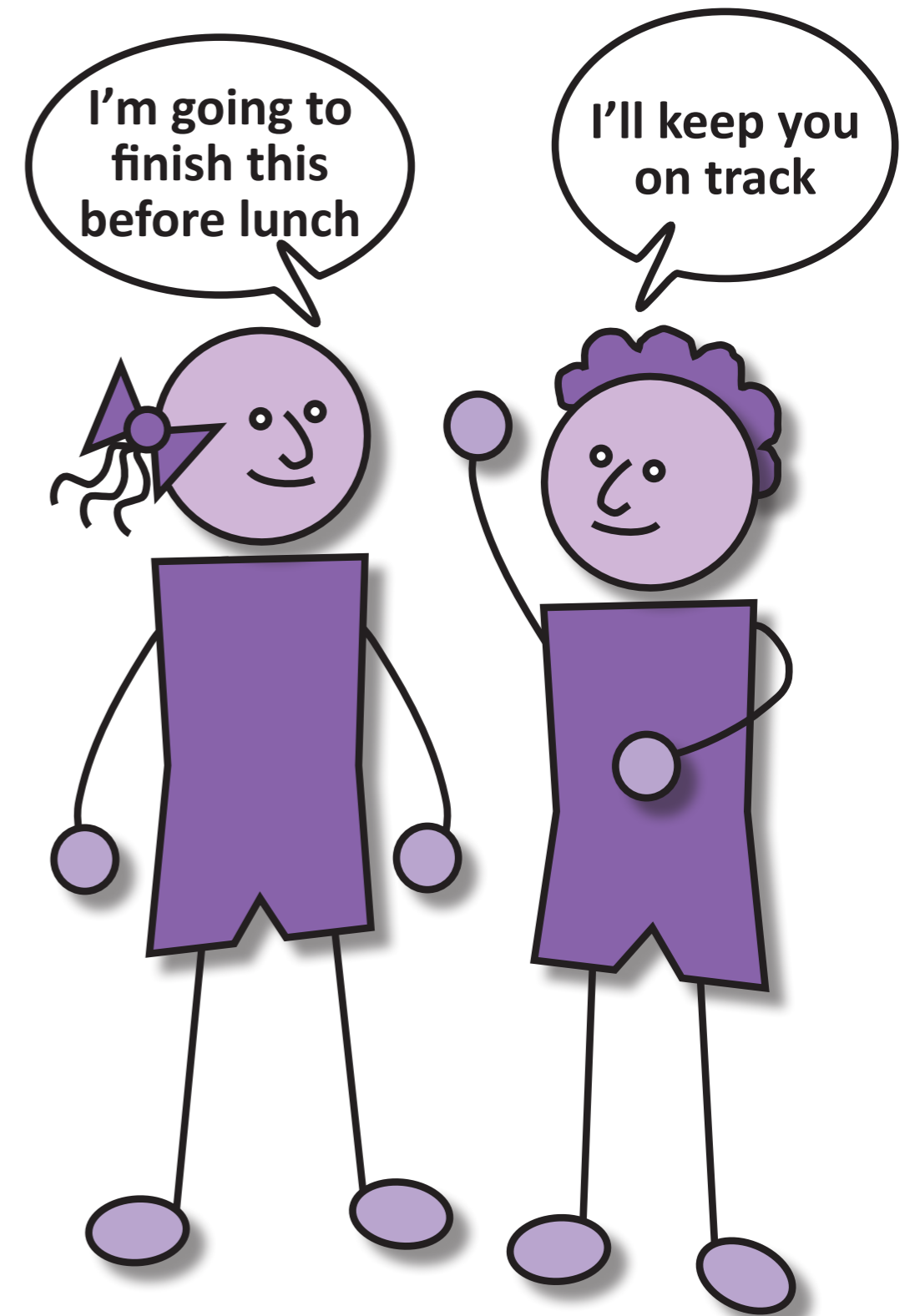
- *I can identify how I feel*
- *I know what I am good at*
- *If things go wrong, I am confident that I can find a way to work them out*



Self management

Managing emotions and behaviours to achieve one's goals

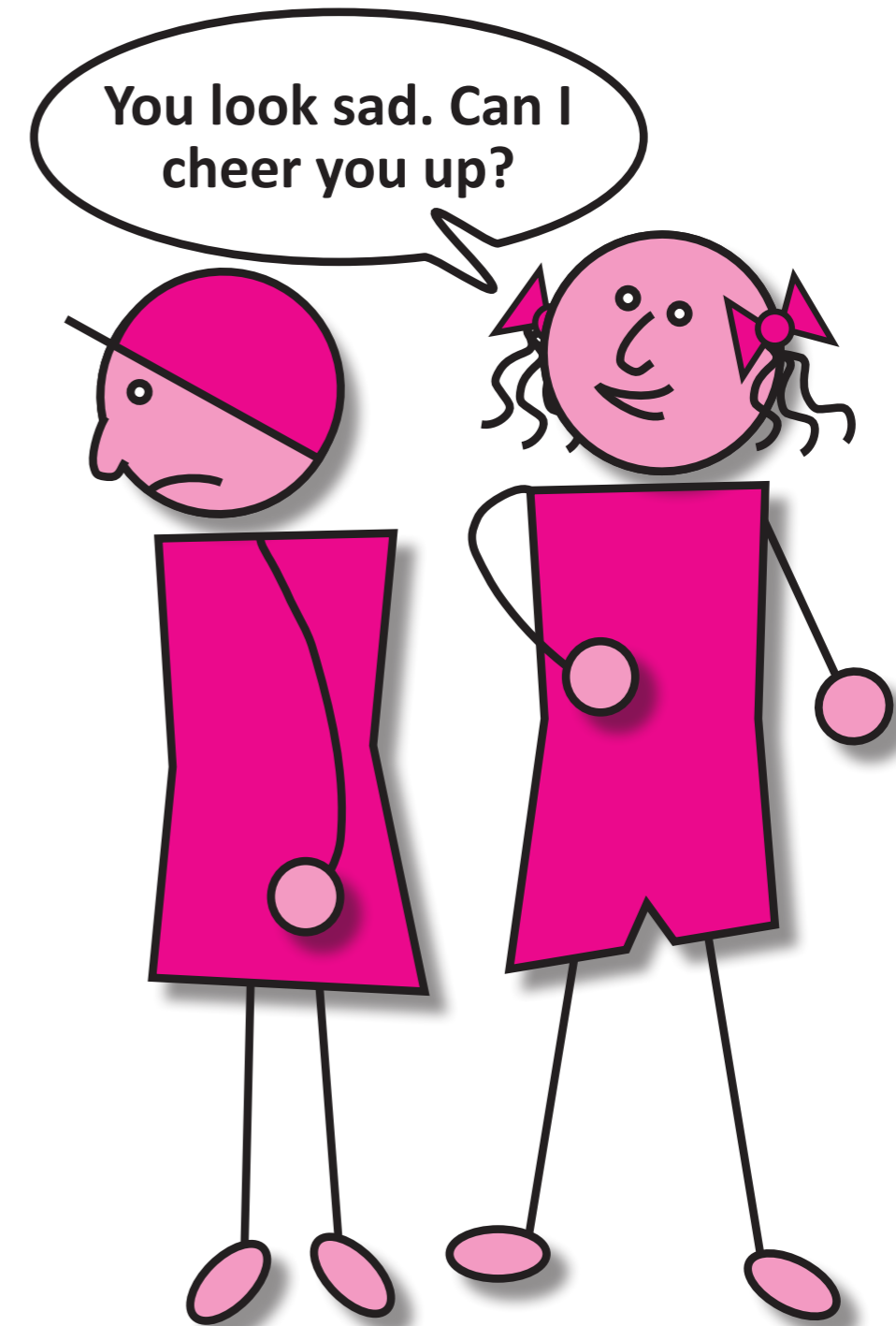
- *When I feel upset, I have some strategies for managing*
- *I know it's OK to feel unhappy if things don't work out, or happy when they do*
- *I can set myself a task to do and complete it*



Social awareness

Showing understanding and empathy for others

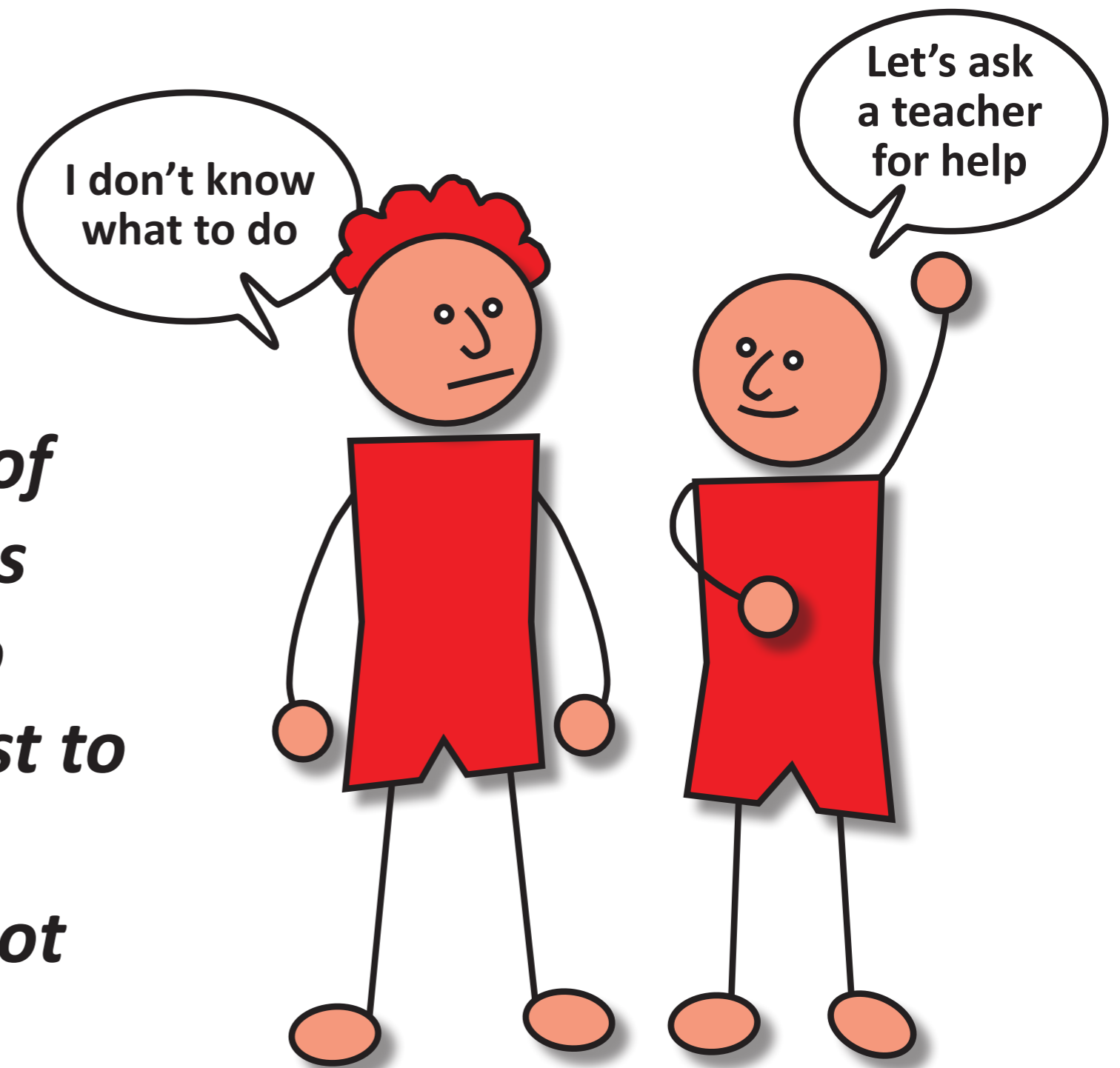
- *I recognise when other people feel angry, sad or happy because of how they look and act*
- *I know how to respond to people when they are feeling different emotions*



Relationship skills

Making friends, working in teams, dealing effectively with conflict and bullying

- *I can resolve friendship problems by speaking respectfully*
- *I can say no to being part of activities which hurt others*
- *If I'm unsure of what to do there is an adult that I trust to ask for advice*
- *I recognise if someone is not being a good friend*



Responsible decision making

Making good choices about personal and social behaviour

- *I can identify what will happen if I behave in a certain way*
- *I know how to behave safely for myself and others*
- *I learn how to behave differently next time if I don't make a good decision*
- *I know the difference between good and bad decisions*

