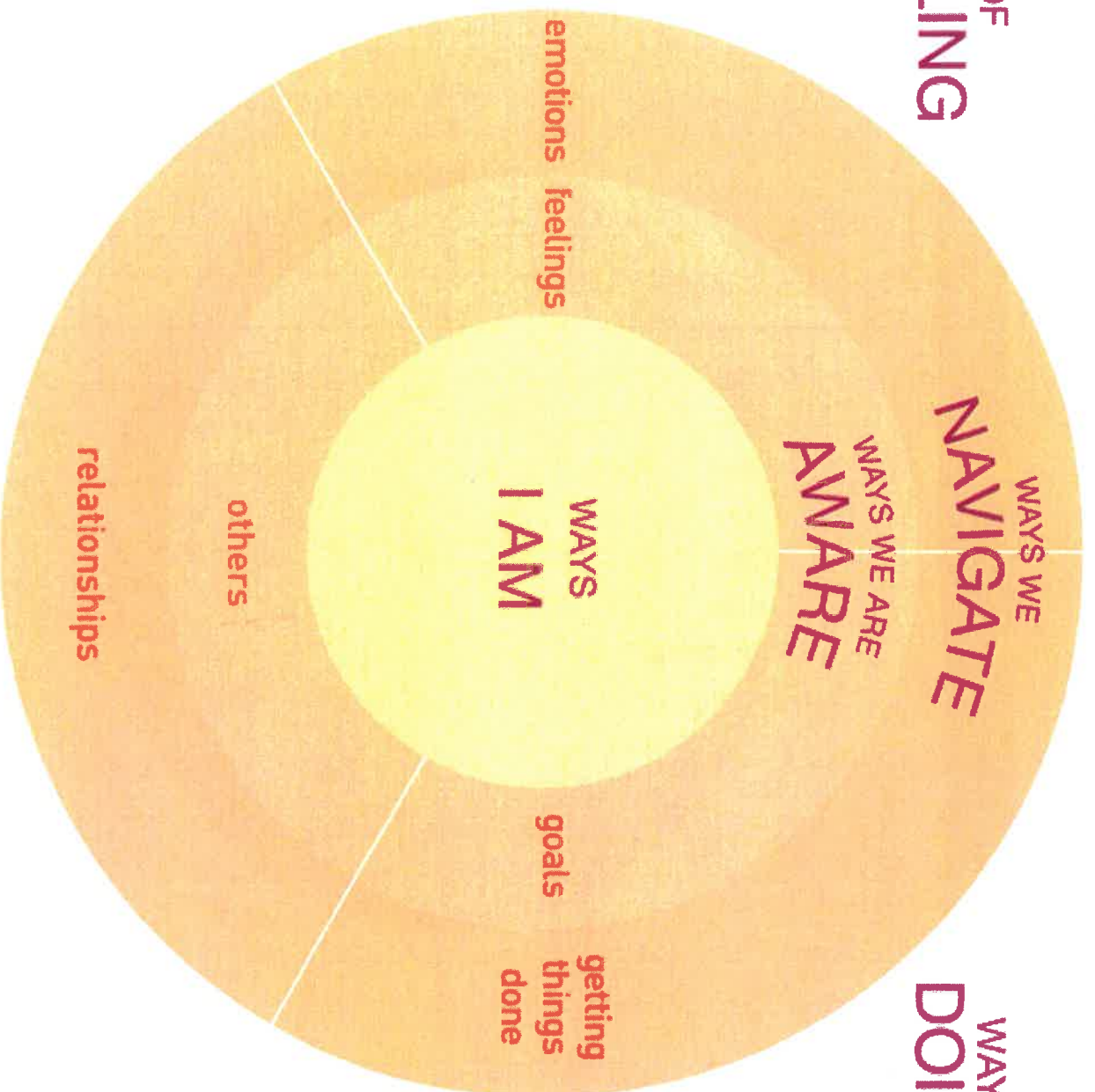


WAYS OF
FEELING

WAYS WE
NAVIGATE

WAYS OF
DOING



WAYS OF RELATING

SOCIAL EMOTIONAL SKILL BANK

Self-awareness
Self-regulation
Self-control
Emotional competence
Emotional intelligence
Emotion management
Coping
Social awareness
Relationship skills
Social skills
Empathy
Teamwork
Connection
Cooperation
Collaboration
Communication skills
Active listening
Conflict resolution
Getting along with others
Understanding others' feelings
Accepting others
Self-confidence
Self-efficacy
Self-reliance
Responsible decision-making

Grit
Perseverance
Persistence
Tenacity
Leadership
Autonomy
Advocacy
Attention
Critical thinking
Goal setting
Time management
Planning for success
Resilience
Problem solving
Focus
Drive
Assertiveness
Motivation
Initiative
Responsibility
Determination
Agency
Flexibility
Contribution
Strategic Thinking

Note: This is not a complete list of skills - just common ones intended to spark your thinking.

1) What was the scenario?

2) What were the emotion(s) you experienced?

3) Where did you feel the emotion?

4) Did you experience; Fight, Flight, or Freeze?

5) How did you handle your emotions?