

SELF-REFLECTION

Colour in the squares with green, orange or red. Be as honest as you can!



= I always do this



= I sometimes do this

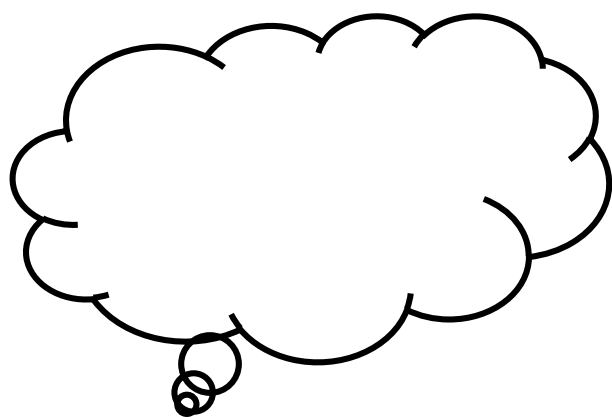
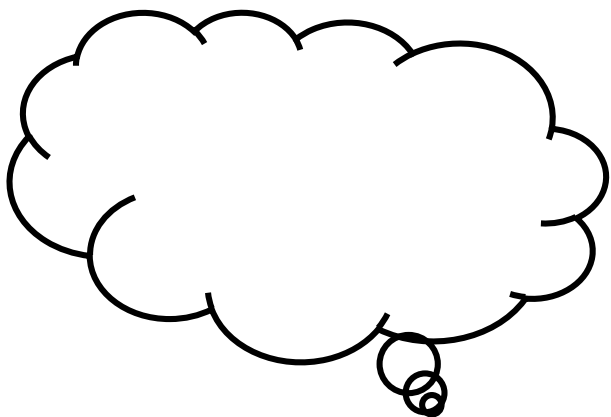
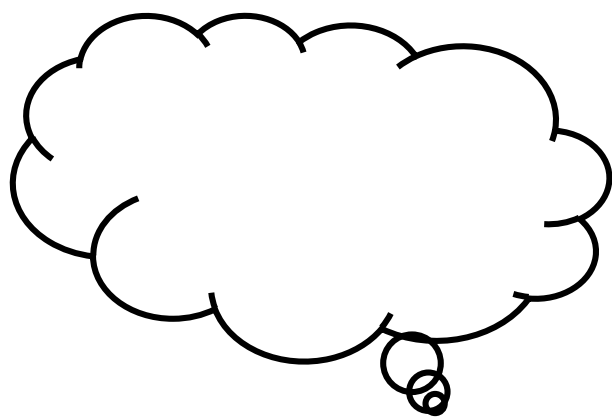
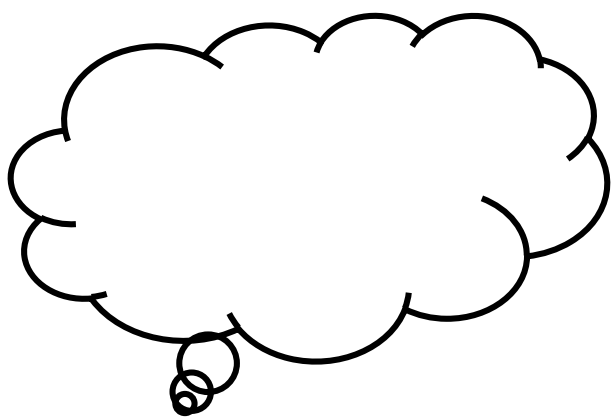
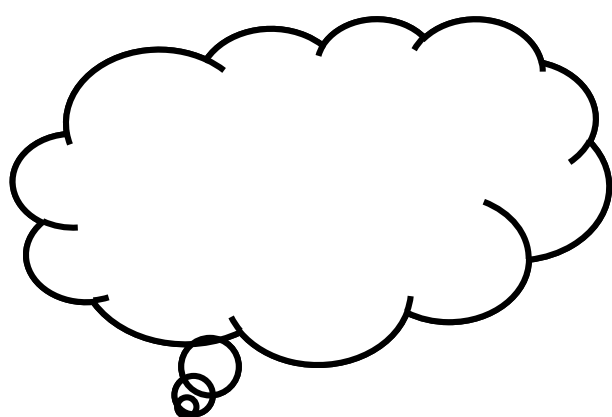
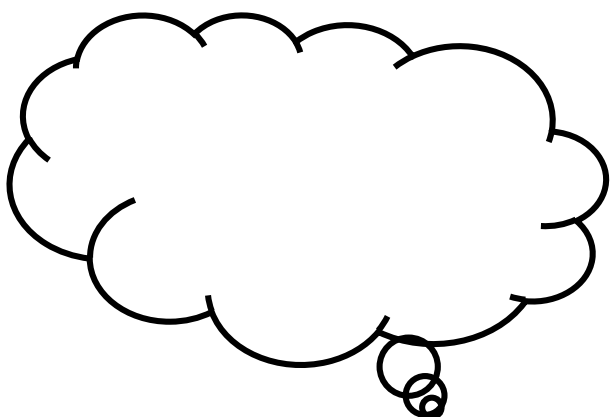
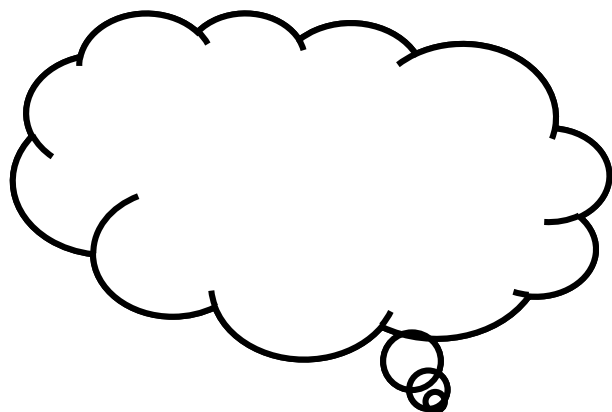
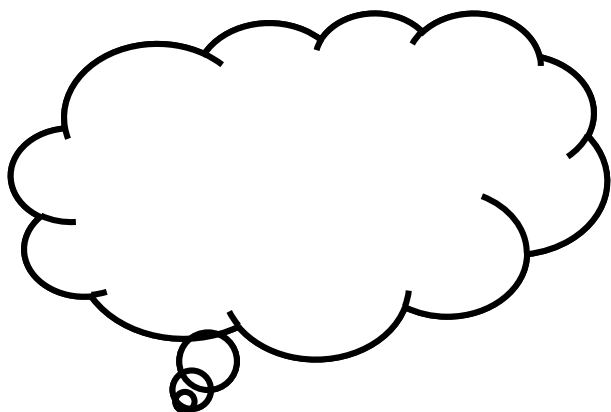


= I never do this

I listen when the teacher or my classmates are talking.	
I use my manners and am polite towards others.	
I am resilient and 'bounce back' when things don't go my way.	
I make an effort to be friends with lots of different people.	
I help out when needed and do jobs without having to be asked.	
I follow instructions the first time.	
I ask for help when I don't understand.	
I work well in a group.	
I am a good leader.	
I am on time for class and I am organised with everything I need.	
My work is neat, tidy and I don't rush.	
I do the very best that I can.	
I control my emotions and don't get angry at the teacher or others.	
I raise my hand in class before I speak.	
I think about others and how they might be feeling.	
I challenge myself in class.	
I persist and don't give up when work gets hard.	
I keep my workspace neat and tidy.	
I am respectful of the school and the environment.	
I enjoy myself and see the bright side of things.	
I listen to others and take care of them when they need me.	

KEEP *your* COOL

There are lots of things you can say when someone is annoying you. Fill the speech bubbles with things that you can say when someone is bugging you.



SOLVE A *problem*

Below are listed some of the problems that you might face at school. Write a solution to each problem.

PROBLEM	SOLUTION
You have no one to play with at lunch time.	
Your two best friends are fighting.	
You did badly on your assignment.	
Another student swears at you.	
You don't understand the topic in class.	
Someone pushes in front of you in line.	
You forgot your homework.	
Your friend is being bullied at school.	
You see a younger student crying.	
There is an argument during a game.	