

Self-Awareness: Flip-Book Foldable

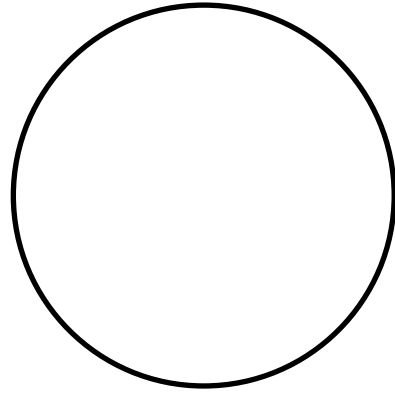


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1

Remove gray section.

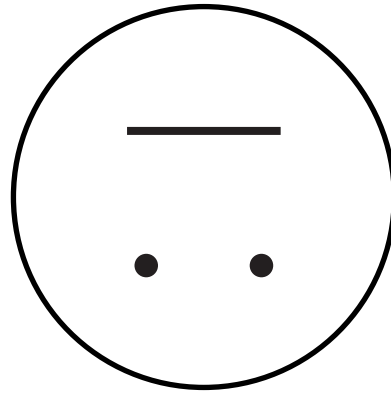
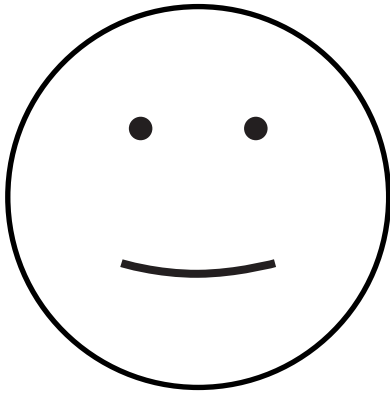
Remove gray section.



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7



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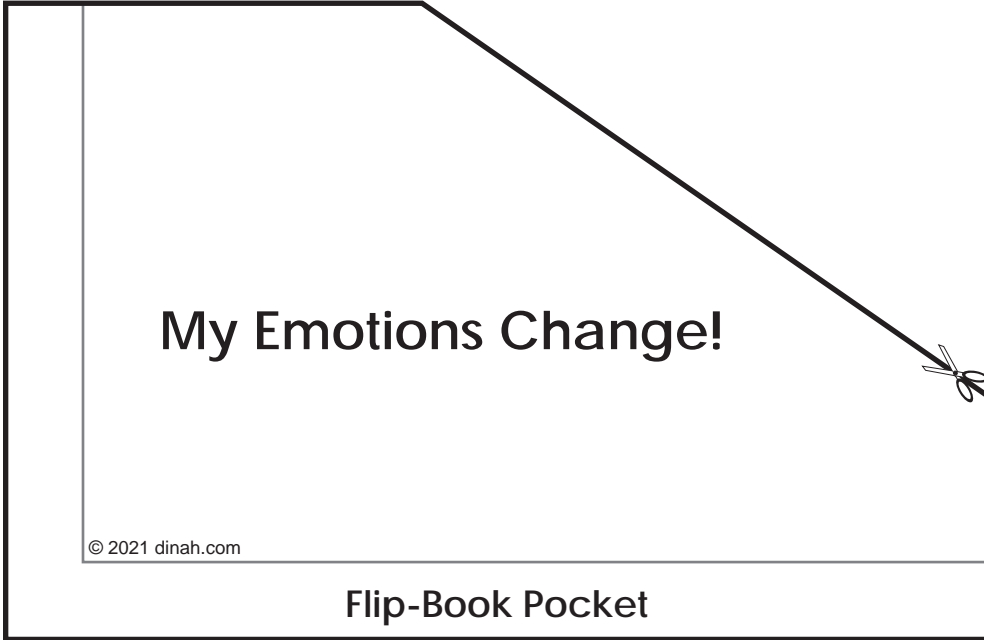


Cut on solid lines.



Fold on dotted lines.

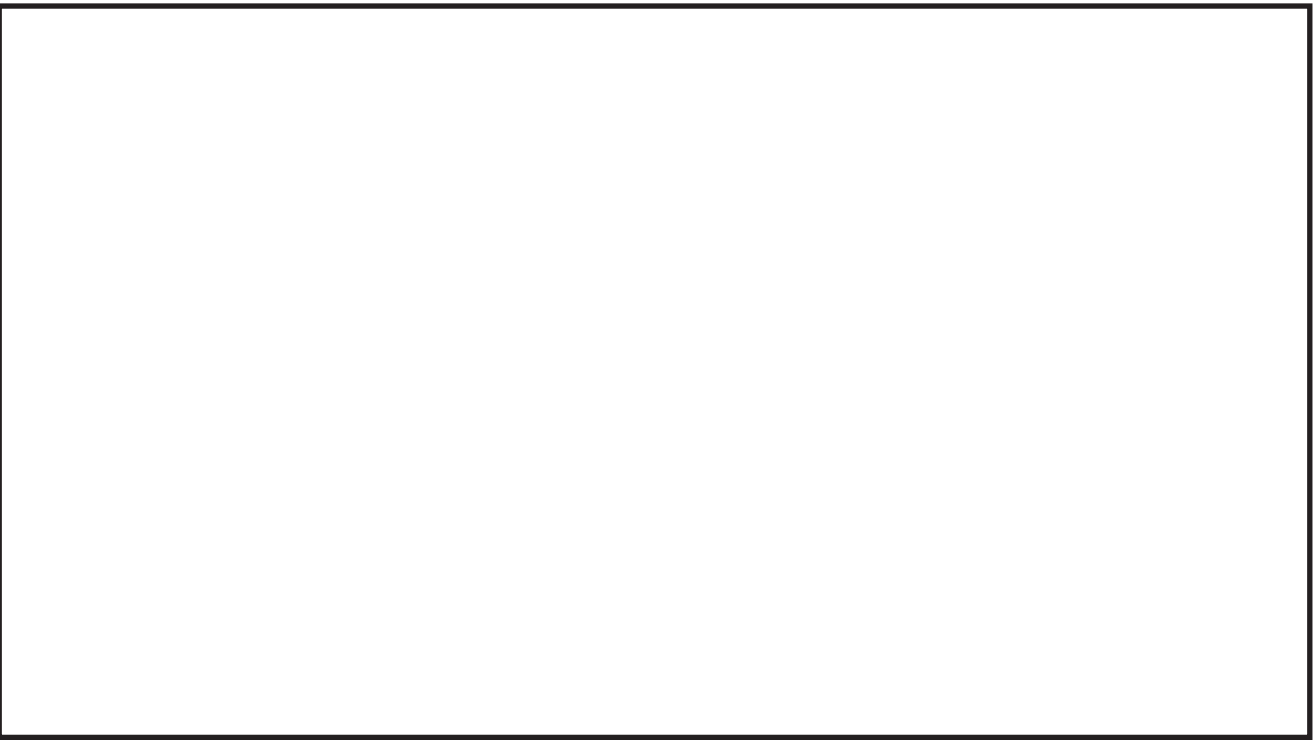
Do NOT fold or cut gray lines.



My Emotions Change!

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Flip-Book Pocket





A time I dealt with stress.

A time I set a goal.

A time I showed initiative.

A time I did a good deed.

Self-Management



Social Awareness

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A moment when I showed empathy.

Social Awareness

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A moment when I was grateful.

Social Awareness

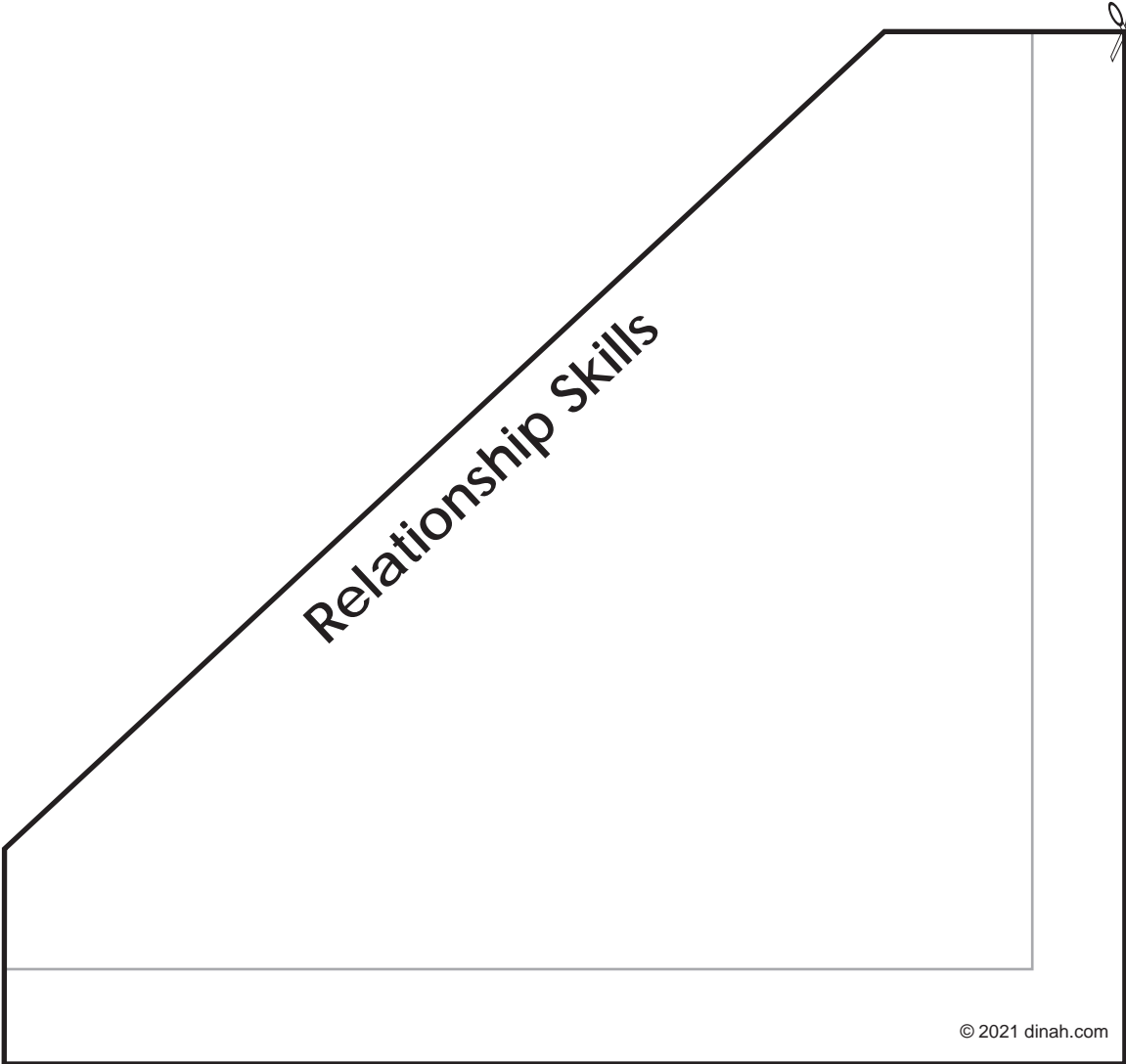
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A moment when I accepted differences.

Social Awareness

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A moment when I used my social filter.



A moment when I used positive body language.

Relationship Skills

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A moment when I trusted my feelings about friends.

Relationship Skills

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A moment when I dealt with conflict

Relationship Skills

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A moment when I spoke assertively.

Relationship Skills

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Moments When I Need to

