

Basic Emotional Needs

Reflect

Basic Physical Needs

Who supplies these for me?

Freedom

Which of the 4 do I tend to emphasize

Achievement

What is the evidence for that?

Belonging

Fun

What could I do differently
to become healthier and more balanced?

Balance

Character Traits

Reflect

Green-light People

What are my character traits?

Red-light People

What are the traits of my friends?

Do I need to make some changes?

Orange-light People

What should I remember to be healthy?

5 Ways to Show Appreciation

Reflect

What are some ways people have shown appreciation to me?

What is my favourite way to experience appreciation?

How do I show appreciation to others?

How do others prefer to be appreciated?

5 Ways to Apologize

What way do I prefer people to apologize to me?

How do others prefer to apologize?

What are some ways I've apologized in the past?

What are some ways I could apologize in the future?

Manners

5 Keys for Lessons

What to say when your teacher makes
a mistake

What to say when your teacher forgets
to give you information?

Show Respect by Recognizing the
Order of Priority

Reflect

How often do I use these keys?

What I can I do to show respect
for people who are older than I am?

What is something new I will try
this week?

6 Reasons to Obey

Reflect

What are some situations that match these reasons to obey?

What reason seems to work best me?

What reason do I prefer at school?

Rules versus Empathy

What are 10 school rules?

What would people do if there were no consequences?

What would happen if friends gave rules?

What do you do to keep strong friendships?

What could you do to help the school become more empathy-based?

Take Responsibility for Yourself

Don't know what to do?

Keep forgetting to stay on task?

Refuse to do what is right?

Worried?

Overtired or hungry?

Feeling disorganized?

Don't know how to do something?

Can't figure out what you're doing incorrectly?

Don't know that correct answer?

Reflect

What tips will help me take responsibility for my own learning?

What can I do to help others take responsibility for their learning?

What might be my biggest challenge?

What can I do to successfully address that challenge?

Review your Skills

- Attend on time
- Arrive with supplies
- Observe others
- Help keep environment tidy
- Get attention in appropriate ways
- Voluntarily participate in lessons
- Set aside distracting thoughts
- Follow verbal directions
- Use class time wisely
- Work willingly and cheerfully
- Use your initiative to request extra help
- Be willing to stay for help
- Keep up the energy to work at home
- Complete to the best of your ability
- Label every assignment
- Go beyond the basic expectations
- Spend time reading
- Study for tests
- Keep well-organized

Reflect

In previous years, which skills were most challenging?

What will you do to improve this year?

What are you already doing?

What do you want your teacher to help you do?

Keys to Successful Service

Reflect

What emotional needs
motivate you?

What can you say to yourself
to help yourself be ready for
service?

Step Up to a Good Life

What step are you on?