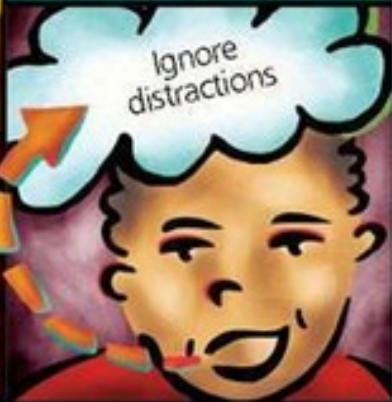


# Skills for Learning

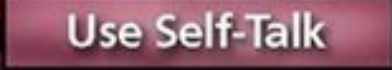
## Focus Attention



## Listen



## Be Assertive



## Use Self-Talk

# Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!

# How to Calm Down



**Stop**—  
use your  
signal

**Name**  
your  
feeling

**Calm down:**  
breathe  
count  
use positive self-talk

# Problem-Solving Steps

