

# Skills for Learning

Focus Attention



Listen



Be Assertive



Use Self-Talk



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# Problem-Solving Steps



**S**  
Say the  
problem  
without  
blame

**T**  
Think  
of  
solutions  
safe and  
respectful

**E**  
Explore  
consequences  
what could  
happen if...

**P**  
Pick  
the  
best  
solution  
make  
your  
plan



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# Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!



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# How to Calm Down



**Stop**—  
use your  
signal

**Name  
your  
feeling**

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



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