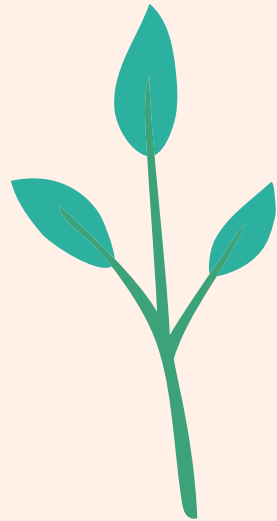


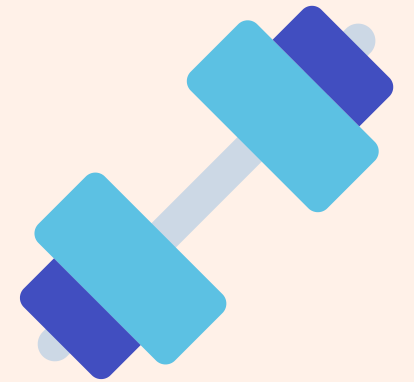
# Social Emotional Skills



Strive for  
self-improvement



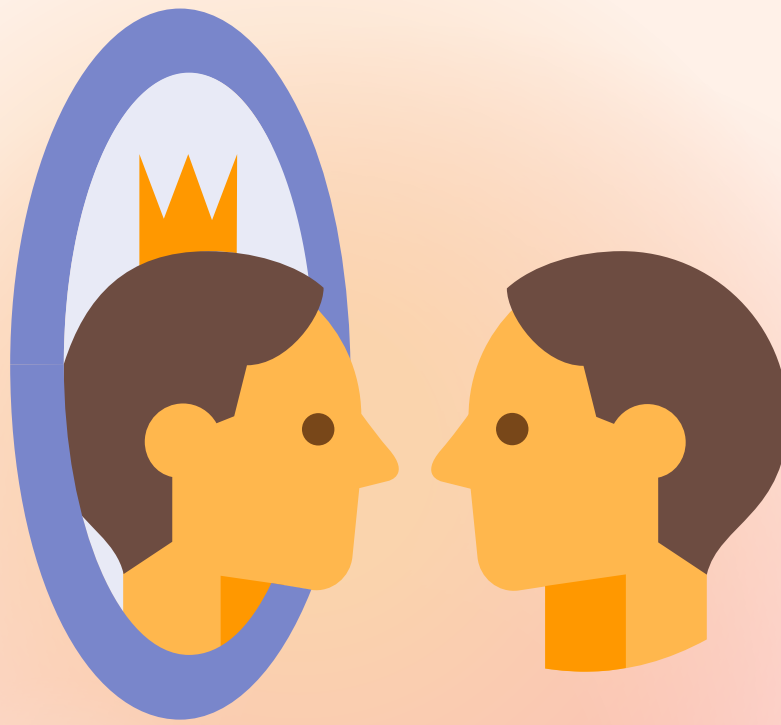
Develop a  
growth mindset



Understand your  
own strengths and  
challenges



Identify your interests  
and talents



**SELF AWARENESS:  
learning to become  
comfortable with  
who you are**



Try to be and think  
positively



Recognise your  
hopes and dreams  
for the future



Recognise your own  
thoughts and feelings