

Good communication



COMMUNICATION

It is the ability to share your ideas, listen to others, and express feelings effectively.

WHY IS IT IMPORTANT?

- Helps make and keep friends.
- Builds confidence to share ideas.
- Teaches how to resolve conflicts peacefully.



GOOD COMMUNICATION

"I hear what you're saying!"

"I can share my thoughts!"

"Can you tell me more?"

SUPER TIPS!

- Make eye contact
- Take turns speaking
- Use kind words
- Ask questions



REMEMBER THIS!

The more you talk, the more you learn.

The more you listen, the better you understand!

Resolving conflicts



CONFLICT RESOLUTION

It is the ability to find peaceful solutions when people disagree

WHY IS IT IMPORTANT?

- Builds stronger friendships.
- Reduces stress and helps avoid fights.
- Improves teamwork.



GOOD CONFLICT RESOLUTION

- "I listen before I speak!"
- "We can find a solution together!"
- "I can stay calm and explain how I feel!"

SUPER TIPS!

- Take deep breaths before responding.
- Listen carefully to what the other person is saying without interrupting.
- Work together to find a solution.



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REMEMBER THIS!

Conflict is not the end of a relationship; it's a chance to make it stronger.

Making decisions



DECISION MAKING

It is the process of selecting a course of action from multiple alternatives to make the best choice.

WHY IS IT IMPORTANT?

- Helps define objectives and priorities.
- Leads to better outcomes.
- Builds confidence



GOOD DECISION MAKING

- “Let’s evaluate the pros and cons of each option before we decide”
- “What do you think would be better?”

SUPER TIPS!

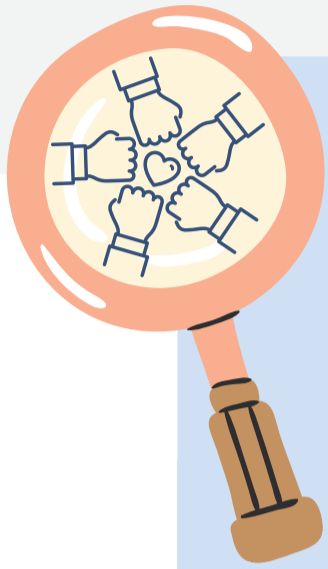
- Collect all relevant data before making a choice.
- Trust your instincts
- Don’t hesitate to ask others for their perspective.



REMEMBER THIS!

Every decision you make is like choosing the next step on your journey. Take a moment to think, explore your options, and trust your choices.

Teamworking



TEAMWORK

It is the combined effort of a group of people working together to achieve a common goal.

WHY IS IT IMPORTANT?

- Leads to better solutions.
- Sparks innovative ideas.
- Builds relationships and promotes mutual respect.



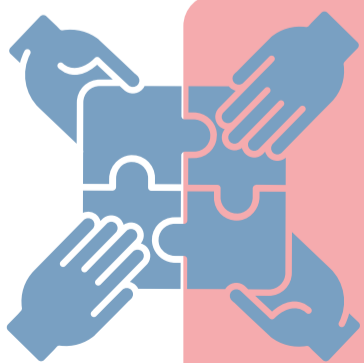
GOOD TEAMWORK

- “Let’s clean up the kitchen together”
- “We’ll make sure everything flows smoothly.”
- “Together we’ll set up everything for the event.”



SUPER TIPS!

- Always share your ideas, listen to others, and be clear in your messages.
- Appreciate different perspectives and skills.



REMEMBER THIS!

When we work together as a team, we are stronger, smarter, and braver than we could ever be alone.

Resilience

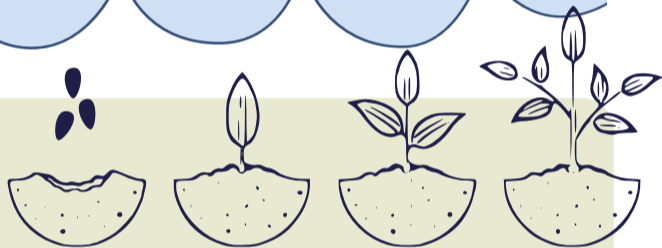


RESILIENCE

It is the ability to recover from setbacks, adapt to difficult situations, and keep going even when faced with challenges.

WHY IS IT IMPORTANT?

- Helps you push through tough times.
- It teaches you valuable lessons from every experience.
- Improves mental health.



GOOD RESILIENCE

- “The first idea didn’t work, but I’ll find a new one.”
- “I didn’t pass, but I’ll try harder next time.”

SUPER TIPS!

- Focus on solutions, not just the problems.
- Use challenges as opportunities to learn and grow.
- Don’t be afraid to reach out to friends, family, or mentors when times get tough.



REMEMBER THIS!

It’s not how many times you fall, it’s how many times you get back up that counts.


Self-esteem



SELF-ESTEEM

It is how we feel about ourselves and about believing that you are special, important, and deserving of respect and love.

WHY IS IT IMPORTANT?


- Builds confidence.
 - Helps you build healthy relationships.
 - Boosts happiness.
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GOOD SELF-ESTEEM

- "I did my best, and that's something to be proud of."
- "I'm learning, and every step counts."

SUPER TIPS!

- No matter how small, be proud of what you accomplish.
 - Be your own biggest cheerleader.
 - Spend time with people who lift you up and support you.
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REMEMBER THIS!

True self-esteem is not about being perfect; it's about accepting your flaws, embracing your strengths, and understanding that you are worthy of love and respect just as you are.

Managing emotions



MANAGING EMOTIONS

It means being aware of your feelings and knowing how to express them in a healthy way.

WHY IS IT IMPORTANT?

- Reduces conflict and avoid misunderstandings.
- Reduces stress and helps you feel balanced.
- Helps you show kindness.



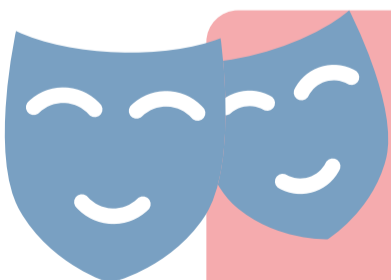
GOOD EMOTION MANAGEMENT

- “I’m feeling frustrated right now, but I’ll take a deep breath and keep going.”
- “I feel angry right now, but I’m going to talk to you about it when I’m more calm.”



SUPER TIPS!

- When emotions are high, take a moment to calm down before responding.
- Try to imagine how others might be feeling and respond with kindness.



REMEMBER THIS!

When you understand your own feelings, you can better understand others.