



Echuca
College

DIVERSITY OF
STRENGTH



#Selfie

Social and
Emotional Learning
for Year 7 in
Education



It is our vision that by completing the Echuca College #SELFIE program, you will walk with integrity and resilience, develop healthy habits, positive and dependable lifelong relationships, make informed positive choices, and pursue higher grades.

The program is specifically designed for year 7's in order to develop your confidence by learning about your self-awareness, self-respect, self-compassion, self-control, self-confidence, self-regulation, growth mindset, grit, and resilience.

WK1 - INTRODUCTION / OVERVIEW / SUVEY

WK2 - GRIT / RESILIENCE /SELF DETERMINATION

WK3 - GROWTH MINDSET

WK4 - RESPECTFUL RELATIONSHIP / SELF RESPECT

WK5 - SELF AWARENESS

WK6 - SELF CONTROL

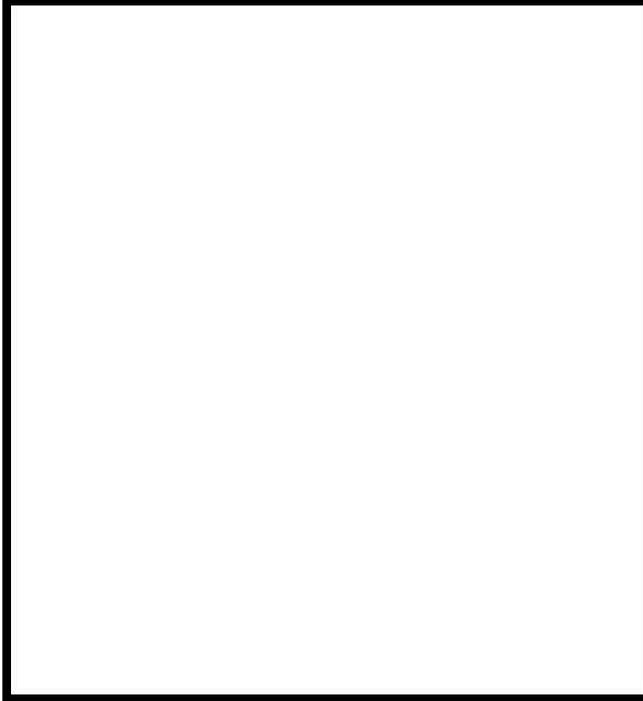
WK7 - SELF COMPASSION / MINDSIGHT

FINAL SERVEY

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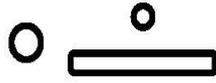
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**All
About
My
#SELFIE**

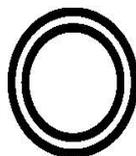
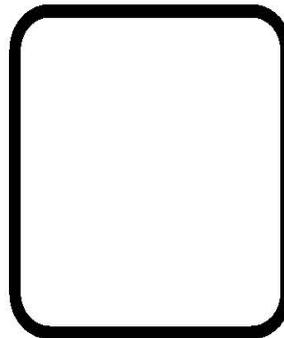
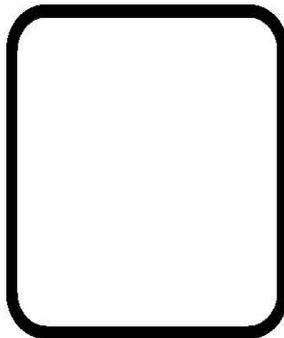
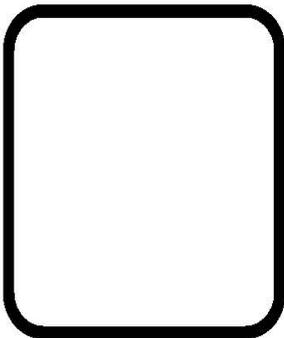
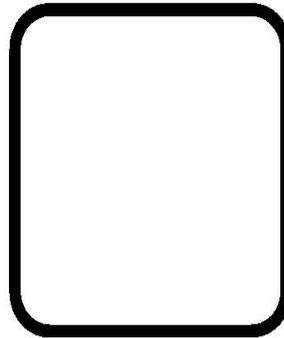
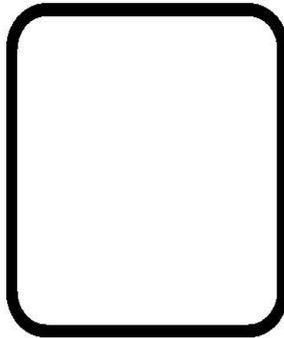
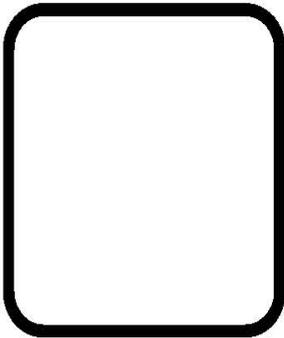
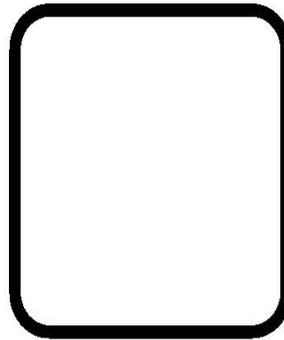
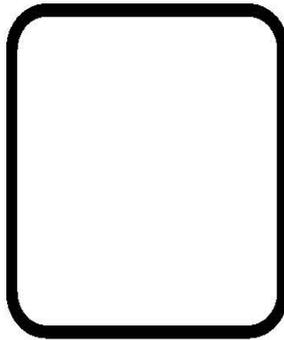
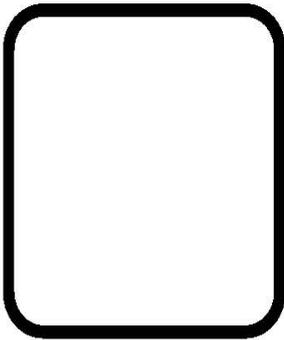


Favorite Hashtags: #

#



MY LIFE IN APPS



#SELFIE SURVEY

Self Assessment	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4	Unsure 5
I think you can always learn no matter what					
I know what it is to have self compassion is.					
I know what it is to be self awareness is.					
I know what it is to have self control is.					
I know what it is to be mindful					
I am calm and in control					
I am aware of how my body reacts to stress					
I make good choices					
I take responsibility when I do the wrong thing					
I am kind and compassionate to others					
I bounce back when I fail					
I respect myself					
I respect others					
I know what growth mindset is					

CHAPTER 6

#SELF DETERMINATION

/GRIT/RESILIENCE

Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

#self rating scale

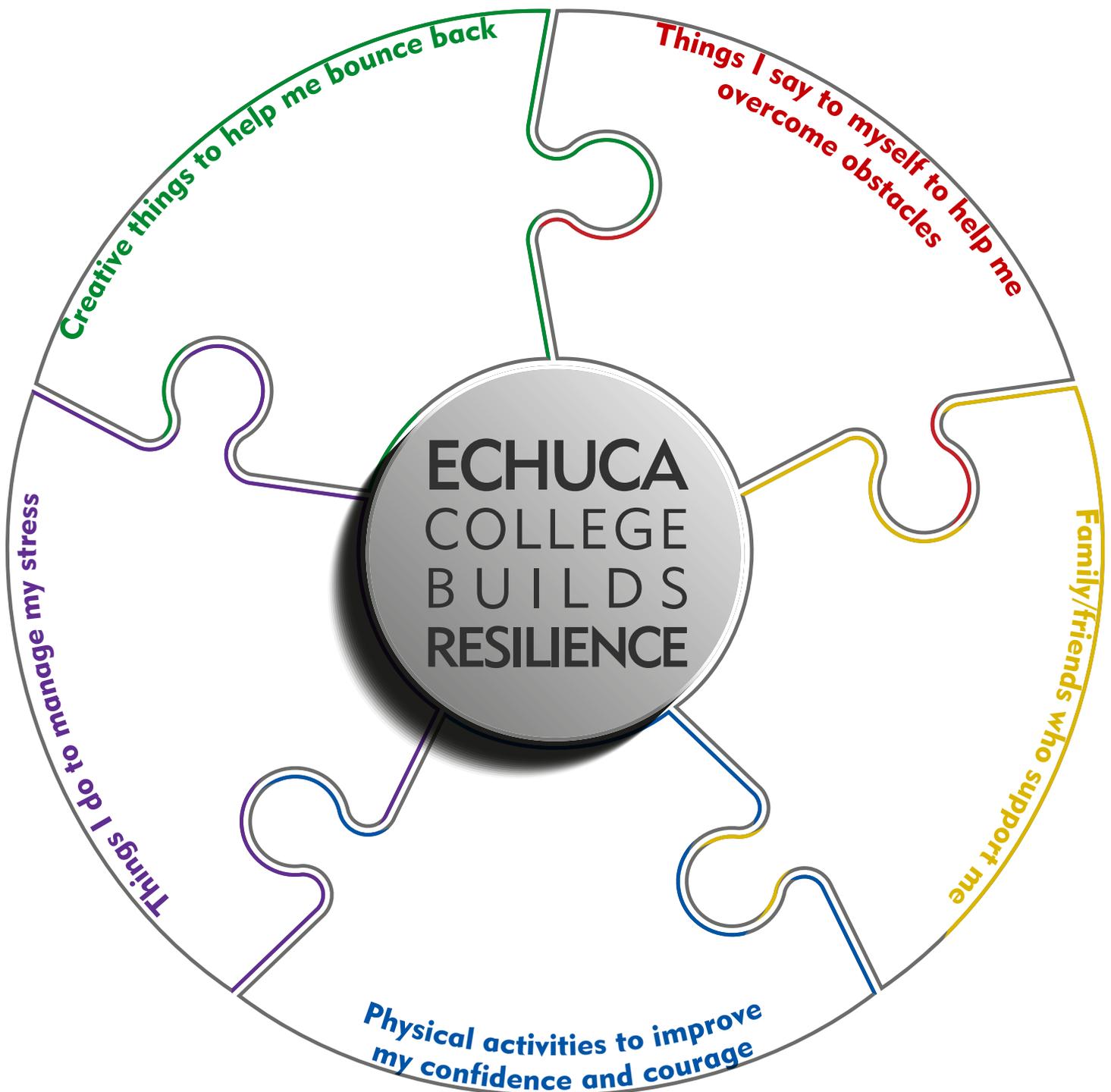


No resilience

Very resilient

ECHUCA COLLEGE RESILIENCE JIGSAW

In each segment of the pie reflect on what things you can do to help you 'bounce back' from challenges and set-backs.



Echuca College Builds

Resilience

Resilience is the the ability to bounce back from challenges. We need to stop, think and breathe in order to come up with a solution to a problem in order to overcome obstacles.

Write down a challenging situation you have recently faced:

What was your first reaction? (I can't do this. It's too hard)

Write down 3 other possible responses to this situation

Which is the most resilient response and why?

If you had your time again would you do anything different? If yes what would that be?

CHAPTER 5

#SELF SUCCESS

GROWTH MINDSET

Growth mindset drives motivation and achievement. I can get smarter by putting in the effort and not give up.

"Failure is an opportunity to grow"

**GROWTH
MINDSET**

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

I MAY NOT KNOW IT

YET

BUT I

WILL

IN TIME

DEVELOPING A GROWTH MINDSET

INSTEAD OF..

TRY THINKING..

I'm not good at this

What am I missing?

I give up

I'll use a different strategy

It's good enough

Is this really my best work?

I can't make this any better

I can always improve

This is too hard

This may take some time

I made a mistake

Mistakes help me to learn

I just can't do this

I am going to train my brain

I'll never be that smart

I will learn how to do this

Plan A didn't work

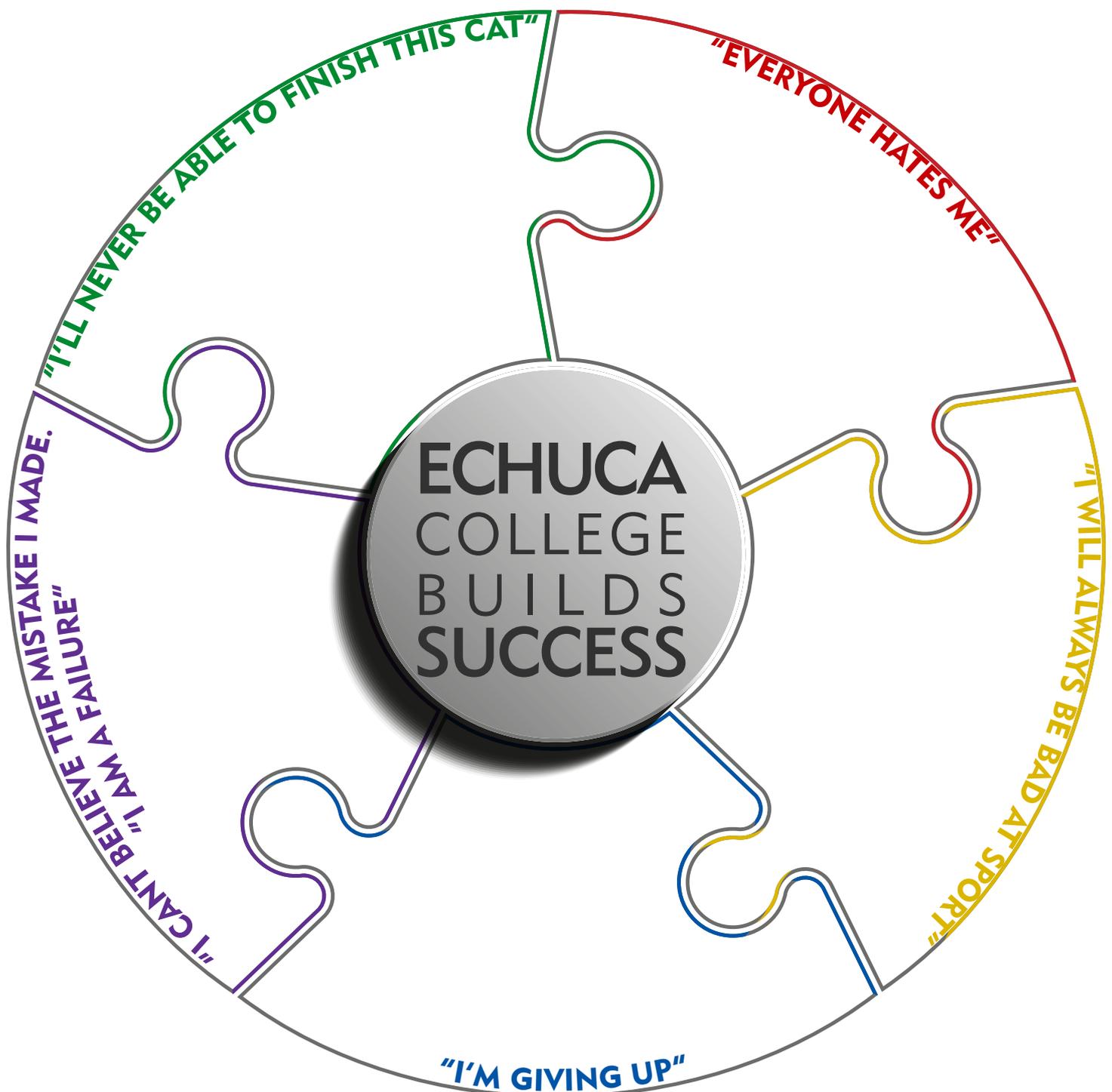
There's always a plan B

My friend can do it

I will learn from them

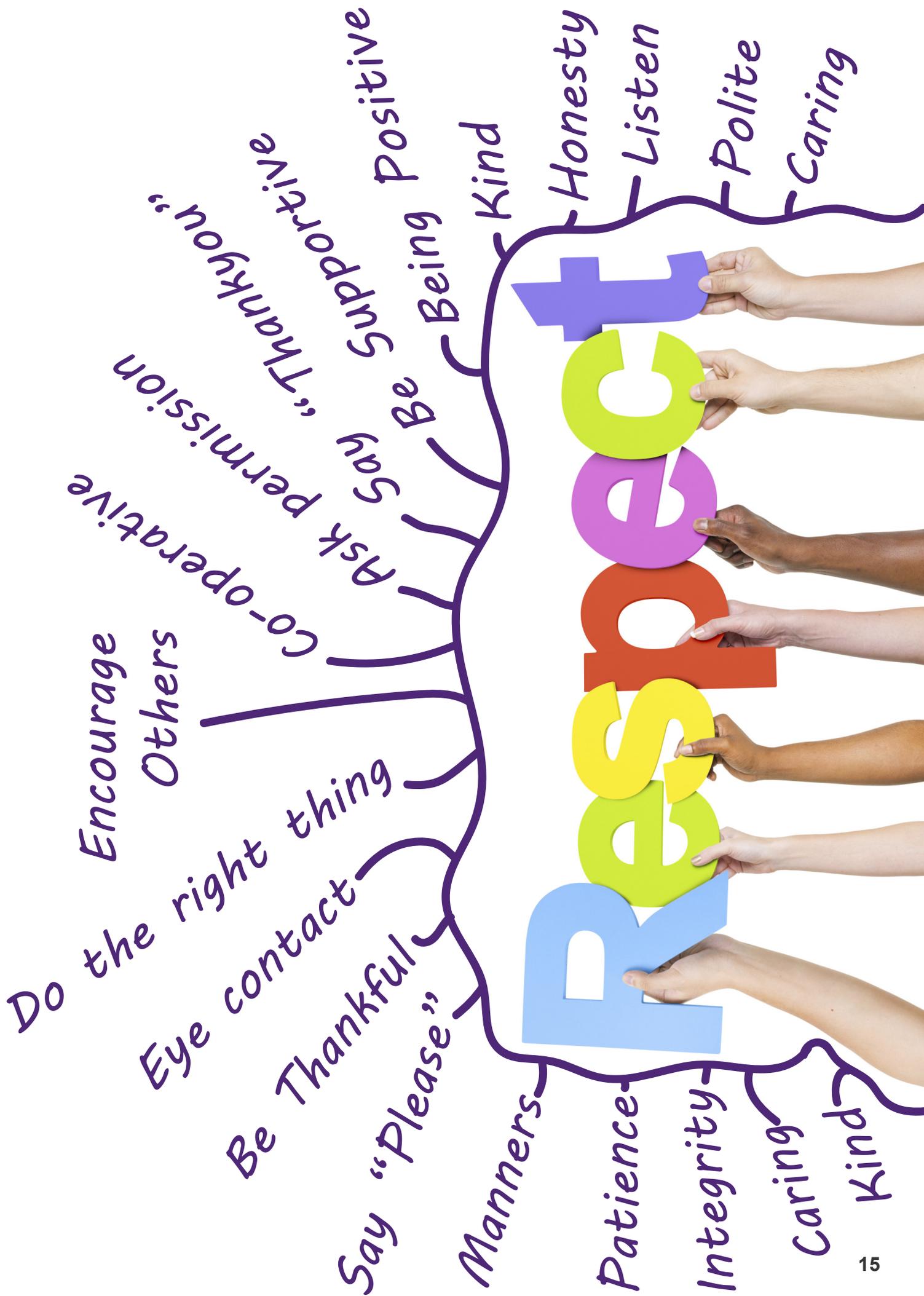
ECHUCA COLLEGE SUCCESS JIGSAW

In each segment of the pie describe what words we use to see the possibilities and opportunities in everything you do changing our words to change our mindset



CHAPTER 4
#SELF RESPECT

Believe in YOUR
#Self



RESPECTFUL

RELATIONSHIPS ARE HOW YOU INTERACT AND GET ALONG WITH OTHERS. THIS INCLUDES EVERYONE. THERE ARE SEVERAL KEY ELEMENTS TO RESPECTFUL RELATIONSHIPS.

1) **RESPECT:** YOU SHOULD CONSIDER AND VALUE THE OTHER PERSON'S POINT OF VIEW AND OPINION. IF YOU DON'T AGREE, YOU SHOULD TRY TO UNDERSTAND WHERE THEY ARE COMING FROM. RESPECT MEANS NO NAME CALLING, PUT-DOWN'S OR HURTFUL COMMENTS

2) **SUPPORT:** YOU SHOULD OFFER ENCOURAGEMENT TO THE OTHER PERSON AND BE THERE FOR THEM WHEN THEY ARE HAVING A DIFFICULT TIME. IT'S IMPORTANT TO HAVE POSITIVE SUPPORT FOR EACH OTHER.

3) **COMPROMISE:** BOTH PEOPLE IN A RELATIONSHIP WON'T ALWAYS AGREE ON THINGS AND THAT IS WHEN YOU COMPROMISE, WHICH MEANS YOU BOTH GIVEN IN A LITTLE AND MEET IN THE MIDDLE. COMPROMISE IS IMPORTANT BECAUSE IT MEANS YOU ARE BOTH WILLING TO WORK AT THE RELATIONSHIP AND GIVE UP A LITTLE FOR EACH OTHER.

4) **BOUNDARIES:** RESPECT RELATIONSHIPS ALSO NEED SPACE, TIME APART AND THE ABILITY TO SAY AND ACCEPT BEING TOLD NO. EACH PERSON SHOULD HAVE HOBBIES AND OTHER FRIENDS TO SPEND TIME WITH AND THAT IS OK. IT'S IMPORTANT TO HAVE PRIVACY AND SPACE AWAY FROM EACH OTHER.

5) **OPENESS:** YOU SHOULD FEEL FREE TO SHARE WHAT YOU ARE THINKING AND FEEL SAFE IN THE RELATIONSHIP. IF SOMEONE HAS A PROBLEM THEY SHOULD FEEL THAT THEY CAN SPEAK UP ABOUT IT. THE OTHER PERSON SHOULD BE RESPECTFUL AND LISTEN.

RELATIONSHIPS

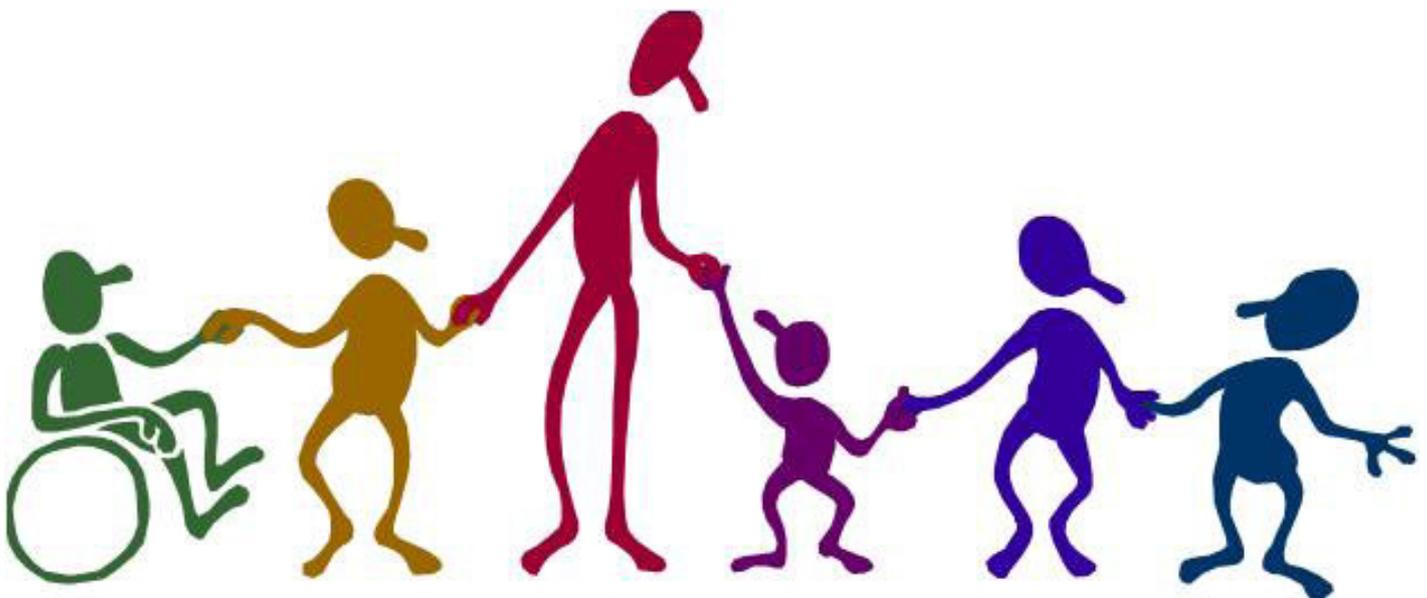
FOR DISCUSSION:

WHAT MIGHT HAPPEN IF A RELATIONSHIP DOESN'T HAVE THESE QUALITIES?

HOW COULD YOU ENCOURAGE SOMEONE ELSE TO SHOW RESPECT, SUPPORT OR COMPROMISE?

WHAT MIGHT A DISRESPECTFUL RELATIONSHIP LOOK LIKE?

WHY IS IT IMPORTANT TO HAVE RESPECTFUL RELATIONSHIPS WITH OTHERS?



COMMUNICATING YOUR FEELINGS

A huge part of building respectful relationships is being able to share and communicate your feelings. Sharing your thoughts and feelings lets the other person know what you think, feel, want and expect. No one is a mind reader! Therefore, your friend can't know what's going on inside your head until you share it.

Ground rules or strategies for talking with your friends in a respectful manner.

Talk face to face if something is bothering or upsetting you. You often can't tell tone or attitude online or with texting, so face-to face is the best way to go.

Find a good time to share. The best time to talk openly is probably when you are alone and not involved in anything at that moment. You might want to share your feelings about something in front of a group of other friends.

Be Honest!! It's important to share the whole truth. Use kind words. Communicating your feelings is not a time to attack the other person or put them down. These will not get you anywhere and will hurt the other person.

Take time to listen. Once you have shared your own concerns and thoughts, take time to listen to your friend.

Use "I statements." This allows for you to share your thoughts and feelings without blaming the other person or giving away your power.

Make sure you end the conversation with some strategies for fixing the problem. You can ask, "What do you think we can do about it?" or ask, "Next time, can you try to....."

#Self Respect

What does this mean to you?

What sorts of things will we see if we notice people doing or using this strength today?

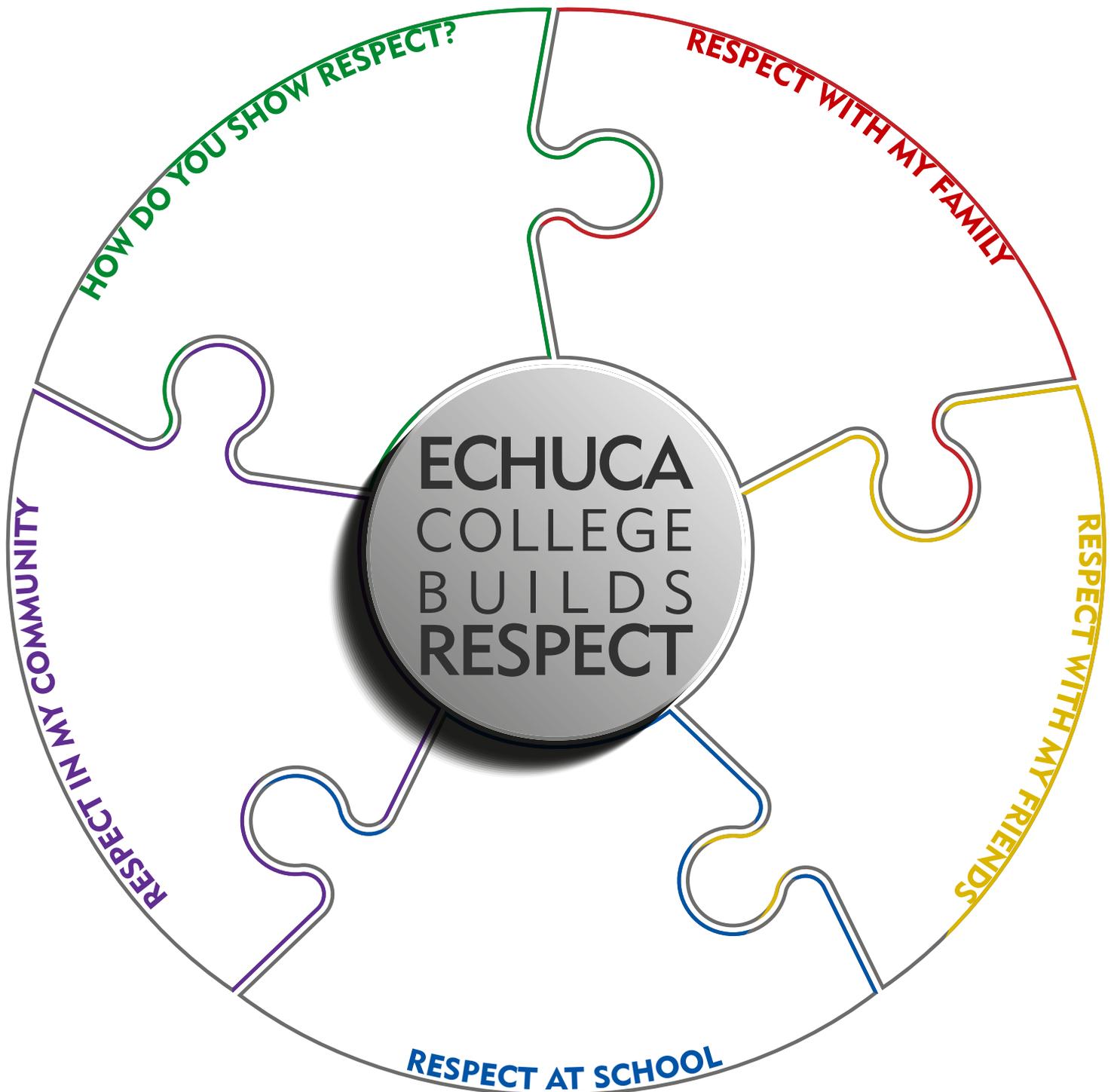
What are 3 things you can do to practise this strength today?

Who do you know that is good at this strength?

What do they do that tells you they are good at it?

ECHUCA COLLEGE RESPECT JIGSAW

In each segment of the pie describe how you show respect



CHAPTER 2

#SELF AWARENESS

Being aware of your thoughts, feelings, strength and beliefs which help you understand others and your reactions to them in the moment.

IT TAKES
COURAGE
TO GROW UP AND TURN
OUT TO BE WHO YOU
REALLY ARE.

- e.e. cummings

DRAW A PICTURE OF YOUR BODY

then mark where you feel the following emotions;

Anger, Sadness, Worry/Fear, Happiness.

For each emotion, use a different colour.

to make better choices
stop, breathe, think,
before you act

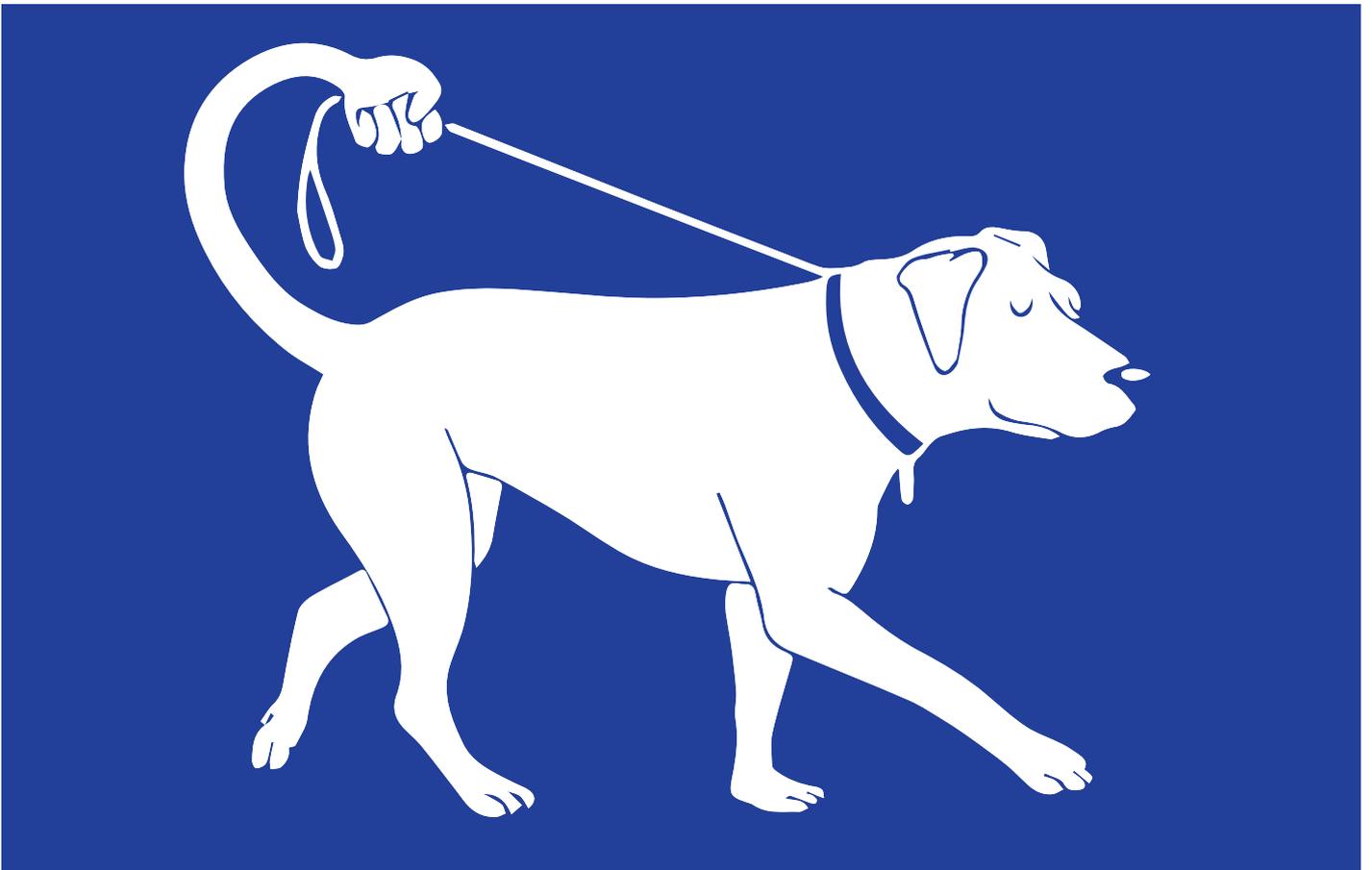


CHAPTER 3

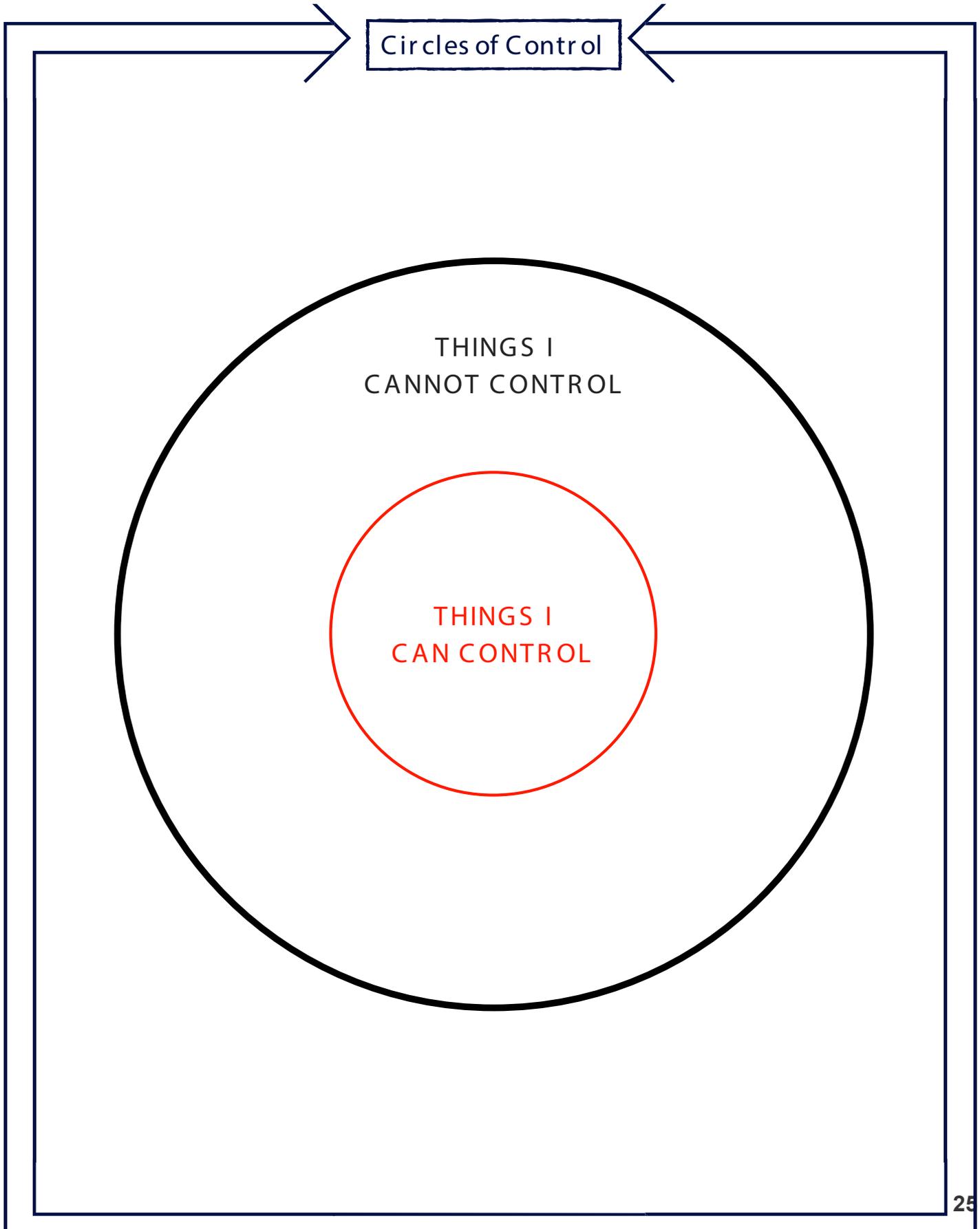
#SELF CONTROL

#SELF REGULATION

The ability to regulate and control your feelings and behaviour



“Blaming others for what your life is like gives away your power and leads to feeling helpless and out of control. Accepting responsibility for you life means you are in charge of your thoughts, feelings, and actions. It gives you back your power and lets you grow into your authentic self.”



HEALTHY ANGER

Focus on yourself and be responsible for your own behaviour

Use I statements as 'I feel angry when you were late'.

Respect personal space of self and others in order to feel safe

Admit when you're upset even if you're not ready to talk

Healthy anger sounds firm, respectful and assertive but not scary with tone, loud volume and swearing

Take a break early before things escalate

Identifying emotions to take care of yourself

Name specific upsetting behaviour as a fact

Take care of yourself first, communicate when you are calm

Pay attention to signs from your body to prevent blow ups. Body check hands, head, chest, feet, stomach.

UNHEALTHY ANGER

Blame others by focusing on their behaviour and not your own

Yelling, name-calling, insults, saying 'sorry not sorry' and guilt trips

Destroying things, others property and violating someone's personal space

Punishing or avoiding conflict with others using the silent treatment

Using condescending or sarcastic tone or body language makes others feel less than

Any unwanted physical touch even in humour

Ignoring emotions and signs from your body until you lose control

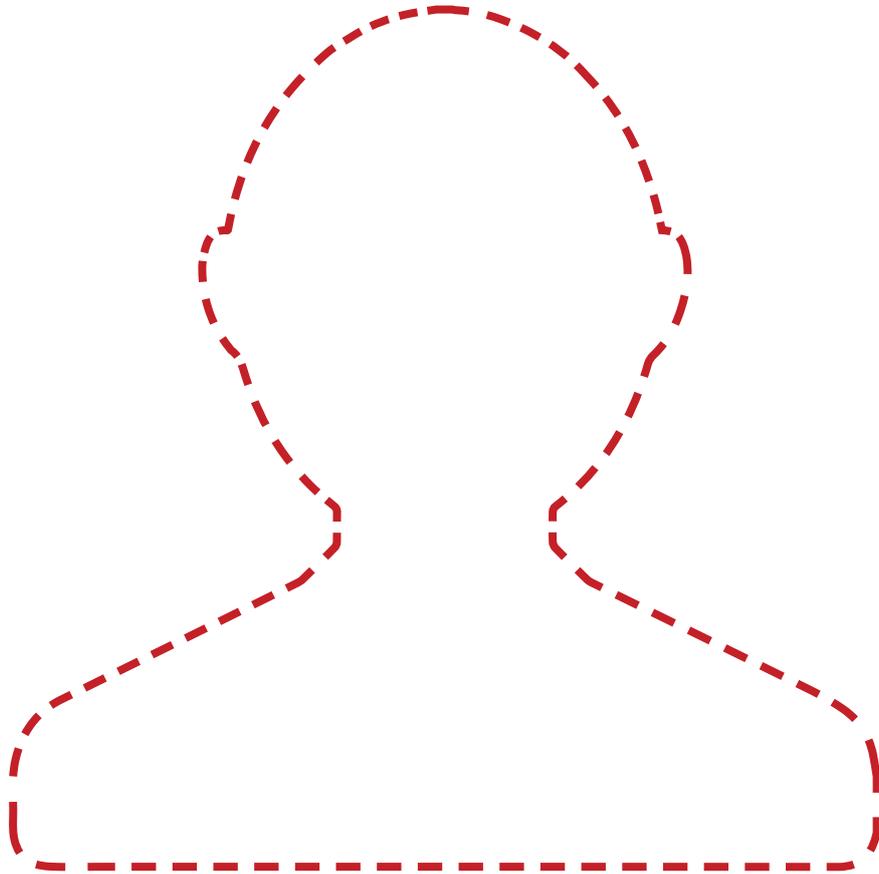
Using words like always or never to prove a point

Stuffing anger then saying hurtful or sarcastic comments

Exploding without warning to vent frustrations

ANGER

WHERE IS IT NOTICED



MY
TRIGGERS

Blank space for writing triggers.

MY
URGES

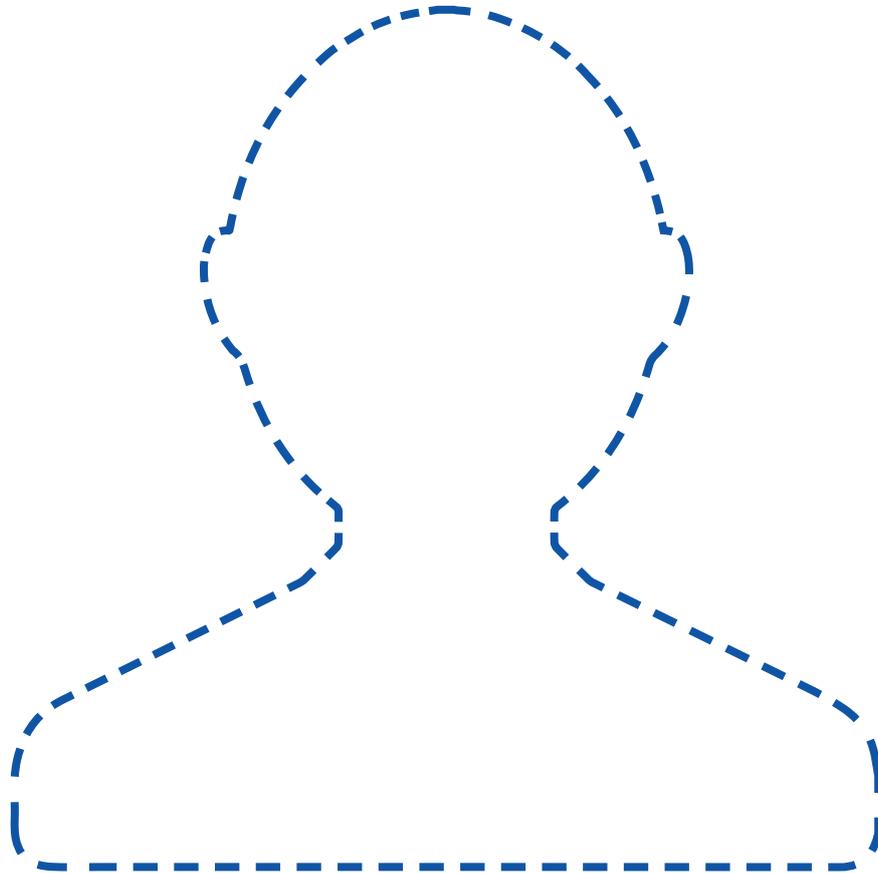
Blank space for writing urges.

MY
COPING
STRATEGIES

Blank space for writing coping strategies.

SADNESS

WHERE IS IT NOTICED



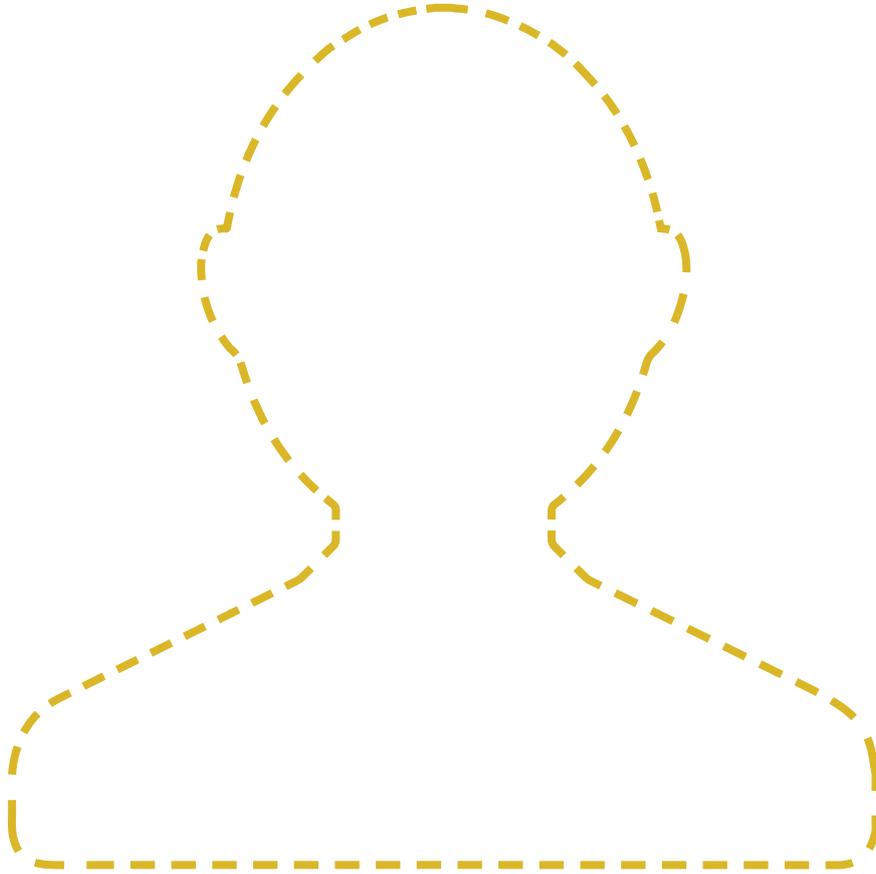
**MY
TRIGGERS**

**MY
URGES**

**MY
COPING
STRATEGIES**

WORRY

WHERE IS IT NOTICED



MY
TRIGGERS

A large, empty white rectangular box with rounded corners, intended for writing down triggers. It is located below the 'MY TRIGGERS' label.

MY
URGES

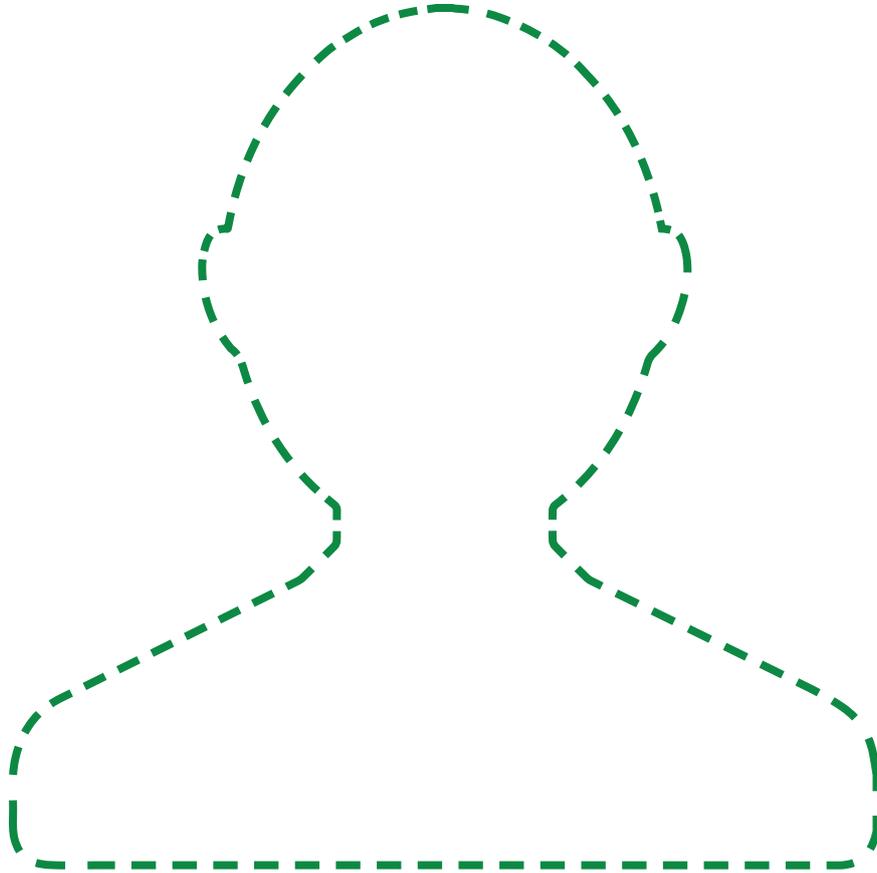
A large, empty white rectangular box with rounded corners, intended for writing down urges. It is located below the 'MY URGES' label.

MY
COPING
STRATEGIES

A large, empty white rectangular box with rounded corners, intended for writing down coping strategies. It is located below the 'MY COPING STRATEGIES' label.

JEALOUS

WHERE IS IT NOTICED



MY
TRIGGERS

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MY
URGES

A large, empty rectangular box with rounded corners, intended for writing or drawing. It is located below the 'MY URGES' label.

MY
COPING
STRATEGIES

A large, empty rectangular box with rounded corners, intended for writing or drawing. It is located below the 'MY COPING STRATEGIES' label.

ECHUCA COLLEGE SELF CONTROL JIGSAW

In each segment of the pie describe what you think self control means and how you show self control



CHAPTER 1

#SELF COMPASSION

MINDSIGHT

Treating ourselves when we're going through a hard time the way we would treat a good friend.

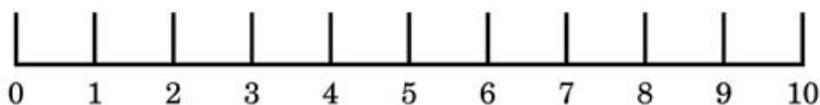
WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

- HAPPIER**
Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.
- LESS STRESSED**
Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.
- MORE RESILIENT**
Self-compassionate people bounce back more easily from set-backs are more likely to learn from their mistakes.



#self rating scale



Put myself down

Kind to myself

#Self Compassion

CIRCLE POSITIVES THAT ARE
TRUE ABOUT YOU

Good listener

Kind to animals

Kind to others

Brave

Patient

Smart

Supportive friend

Clean

Funny

Loving

Loyal

Honest

Responsible

Include others

Try my best

Excellent work

Reliable

Talented at a
hobby

Respectful

Add 3 more:
(what would
my friends say
positives are?)

#Self Esteem

1. NAME 5 OF MY PERSONAL STRENGTHS:

3. IN WHAT SITUATIONS CAN I USE MY STRENGTHS:

5. WHAT IS ONE STEP YOU COULD TAKE TOWARDS DEVELOPING THIS STRENGTH A LITTLE MORE?

2. CAN YOU TELL US A TIME WHEN YOU USED ONE OF THESE STRENGTHS?

4. NAME 2 STRENGTHS THAT I WILL AIM TO IMPROVE THIS YEAR:

6. WHO DO YOU THINK COULD HELP YOU DEVELOP THIS STRENGTH?

7. WHAT DO OTHERS SEE AS MY STRENGTHS:

CHAPTER 7

#STRATEGIES

A method chosen to solve a problem



COPING

Coping strategies are the skills that we use to help keep us balance and regulated. We use coping strategies to help balance our emotions and our senses.

Read through the list and check off strategies that you think would help keep you regulated and balanced.

- Mindful Colouring
- Listening to Music
- Count backwards from 100
- Read a book
- Go for a run
- Random Act of Kindness
- Ride a horse
- Drink of water
- Take photos
- Draw pictures
- Write down frustration and rip it up
- Dance
- Crab crawl
- Square Breathing
- Smile
- Eating Mindfully
- Drink cold water
- Head/Hand massage
- Tell a joke
- Star jumps
- Smiling Minds Breathing App
- Jumping on the trampoline
- Do pushup's
- Clean your room
- Juggle balls
- Bounce balls
- Talk to Bec at school
- Lie on your bed
- Take out the bins
- Body Scan breathing
- Climb a tree
- Play sport
- Cry
- Chair pushup's
- Chew gum
- Hoola Hoop
- Craft
- Mould clay
- Ride a bike

STRATEGIES

- Pull/Push Exercises
- Learn something new
- Write down your thoughts
- Squeeze a stress ball
- Play tennis
- Cook a meal/Snack
- Watching fish swim in a tank
- Rubik's Cube
- Take to an adult
- Exercise
- Blow bubbles
- Squeeze kinetic sand
- Do a plank
- Hum a song
- Look and find books
- Brush your hair
- Watch a movie
- Hug someone
- Do something kind
- Stretches
- Move a wheelbarrow
- Bounce on trampoline
- Have a warm drink
- Hike
- Talk to a friend
- Watching a Glitter Jar
- Wall push up's
- Brush your teeth
- Play a game
- go to a playground
- Take a walk
- Do a jigsaw
- Lift something heavy
- Play an instrument
- Do LEGO
- skipping rope
- Taking your dog for a walk
- Shower or bath
- Swimming
- Five think you can see, hear and feel right now!
- Make a gratitude list
- Walk on grass
- Somersault
- Painting
- skipping
- Watching TV
- Smell from an oil burner
- Massage
- Think of three happy thoughts

STATEMENTS I CAN USE to SHOW COMPASSION to OTHERS

“Are you OK?”

“Tell me what I Can do”

“How can I help?”

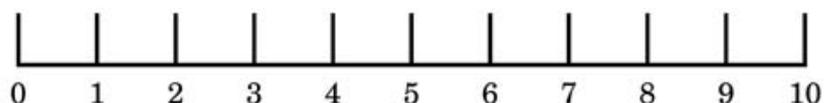
“It will be okay.”

“It will get better.”

“I will help you get through this.”

“I’m sorry this happened to you.”

#self rating scale

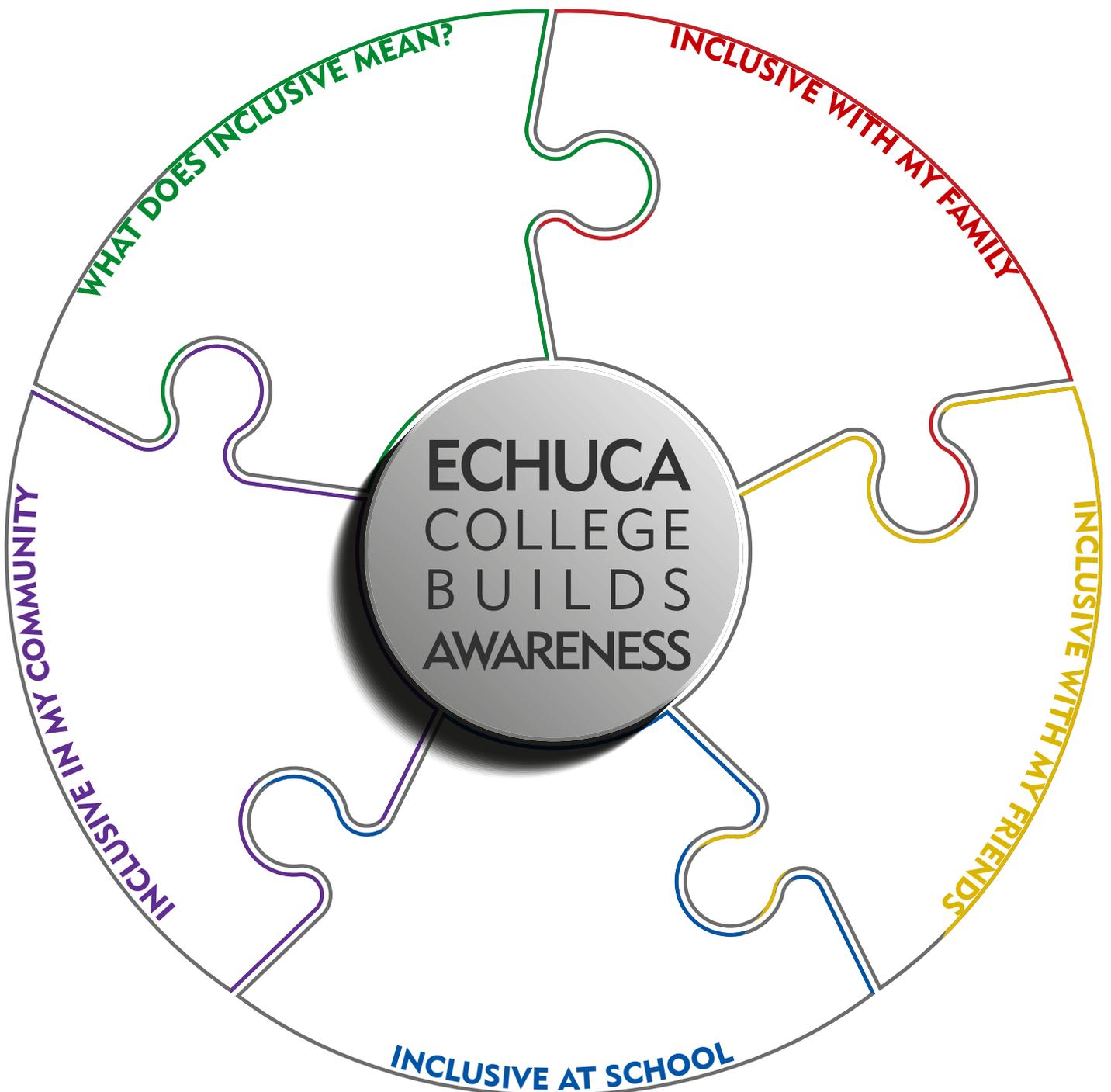


*Poor compassion
to others*

*Excellent compassion
to others*

ECHUCA COLLEGE INCLUSIVE JIGSAW

In each segment of the pie describe what you think inclusive means and how your are inclusive.



RESPECTFUL DISAGREEMENTS

WHEN YOU DISAGREE, MAKE SURE YOU

DISAGREE RESPECTFULLY BY:

Listening to the other person's opinion.

Let them share their thoughts.

Don't interrupt.

Acknowledge the other person's opinion "I can see what you mean." "I can see your point of view."

Respect the other person's opinion **NO PUT DOWNS.**

Use an "I statement" to share your side:

"I FEEL _____ when _____."

Stay calm.

Leave if the conversation gets heated. **STOP BREATHE THINK LEAVE.**

WHY SHOULD YOU AVOID DRAMA?

We have all heard someone gossiping or talking negatively about someone or been the person gossiping. This is drama.

But what if it's true? So what? It has nothing to do with you and is just mean.

How should I deal with drama?

Change the subject.

Say something positive about the person being talked about.

Leave the conversation.

Tell the person, "That's interesting but it's really not my business."

Tell the person you don't want to get involved.

READ THE FOLLOWING SCENARIOS. DISCUSS AND DECIDE WHAT EACH PERSON SHOULD DO IN ORDER TO AVOID THE DRAMA.

1. Beth walks into Maths class. At her table there are three classmates talking about how bad Jacinta's breath smelled last class.
2. Clara is sitting at lunch with a group of friends. Jacinta, one of her friends, whispers to Clara that Jasper is too ugly to get invited to the dance.

<i>YOUR RIGHTS</i>	<i>YOUR RESPONSIBILITIES</i>
You have the right to Be treated fairly and with respect!	You have a responsibility to Treat others with respect and understanding!
You have the right to Get a good education!	You have a responsibility to Be well behaved in class, complete assignments, come to school, act respectfully!
You have the right to Feel safe and secure!	You have a responsibility to Keep yourself and others out of danger! Accept other peoples differences
You have the right to Expect your personal property to be safe!	You have a responsibility to Take care of school property, ask before using someone else's belongings!
You have the right to Be protected and kept healthy at school!	You have a responsibility to Eat healthy, exercise, and get enough sleep!
You have the right to Have a pleasant, clean school!	You have a responsibility to Care for the school, inside and outside!
You have the right to Make your own decisions!	You have a responsibility to Make smart decisions and accept consequences for your decisions!

"I" Statements

Step ① I FEEL ...

(name the emotion)

Step ② WHEN YOU ...

(state what your classmate did)

Step ③ BECAUSE ...

(explain why you feel that way)

Step ④ I NEED YOU TO ...

(tell your classmate what you want them to do)

Saying "NO"

"No thanks, I'm not interested."

"Not now, maybe later."

"No, that's not something I do."

"No, I don't want to."

Review the following scenarios. Practice and discuss how each person could say "no".

- 1. Allison asks Peggy to stay out one extra hour later. Peggy knows she can't or she'll be grounded.*
- 2. Molly tries to convince Deb to skip school tomorrow since some other girls are doing it*
- 3. Alisha gets a text from a friend asking to copy last night's homework*
- 4. Carmen is in a chat room asking others to send nudes.*
- 5. Mark asks Tammy to go with him to the movies but she is not interested.*

yes

no

maybe



NAME / STRENGTH ASSOCIATION

try writing
your name
with a
strength for
each letter

eg:

Z	a	c	E	f	r	o	n
a	c	a	r	e	p	o	
n	c	r	i	s	e	b	
y	e	i	e	p	n	l	
	p	n	n	e		e	
	t	g	d	t			
	i		l	f			
	n		y	u			
g				l			



MINDFUL TAKEAWAY MENU



PIZZA BREATHING: SIT COMFORTABLY. TAKE A SLOW INHALE THROUGH YOUR NOSE. OPEN YOUR MOUTH AND EXHALE WITH A “PIZZAAAAAA” SOUND. NEXT, CLOSE YOUR MOUTH AND SLOWLY INHALE AND EXHALE WITH YOUR NOSE WHILE YOU MAKE THE “PIZZAAAAAA” SOUND. REPEAT 10 TIMES.

FREE

HOT CHIPS BREATHING: SIT COMFORTABLY. SLOWLY INHALE, SAYING THE WORDS, “BREATHE IN” TO YOURSELF. AS YOU SLOWLY BREATHE OUT THROUGH YOUR NOSE, SAY THE WORDS, “HOT CHIPS” TO YOURSELF. REPEAT 10 TIMES.

FREE

SPAGHETTI BREATHING: SIT COMFORTABLY. CUP YOUR HANDS TOGETHER WITH THE PALMS FACING UP TO FORM A BOWL FILLED WITH SPAGHETTI. IMAGINE YOUR WORRIES ARE THE NOODLES INSIDE YOUR BOWL. INHALE THROUGH YOUR NOSE. EXHALE BY BLOWING THE WORRIES OUT OF YOUR HANDS. REPEAT 10 TIMES.

FREE

COLA BREATHING: SIT COMFORTABLY. TAKE A DEEP BREATH IN THROUGH YOUR NOSE WHILE YOUR BELLY PUSHES OUT. OPEN YOUR MOUTH AND LET THE AIR ESCAPE WITH A “COLAAAAA”. REPEAT 10 TIMES.

FREE

ALPHABET SOUP BREATHING: SIT COMFORTABLY. TAKE A BIG BREATH IN. OPEN YOUR MOUTH WHILE YOU EXHALE BY SINGING THE LETTER “A” UNTIL ALL THE AIR IS OUT. REPEAT USING ALL THE VOWELS. E, I, O, U,. (I.E 000000)

FREE



YOUTH RESOURCES

Black Dog Institute

www.blackdoginstitute.org.au



BLACK DOG INSTITUTE

Brave

www.brave.psy.uq.edu.au



Bite Back

www.biteback.org.au



Better Health Channel

www.betterhealth.vic.gov.au



Domestic Violence for Youth

www.lovegoodbadugly.com



Echuca Regional Health

www.erh.org.au

03 5485 5210



Family Planning

www.fpv.org.au



Headspace

www.headspace.com.au

1800 650 890



Kids Helpline

www.kidshelpline.com.au

1800 551 800



Njernda

www.njernda.com.au

03 5480 6252



Reachout

www.reachout.com



Smiling Mind

www.smilingmind.com.au



St Luke's

www.stlukes.com.au

03 5480 1120



Youth Beyond Blue

www.youthbeyondblue.com

1300 224 636



YOUTH CENTRAL Youth Central

www.youthcentral.vic.gov.au

Before You SPEAK:

THINK!

T

IS IT TRUE?

H

IS IT
HELPFUL?

I

IS IT
INSPIRING?

N

IS IT
NECESSARY?

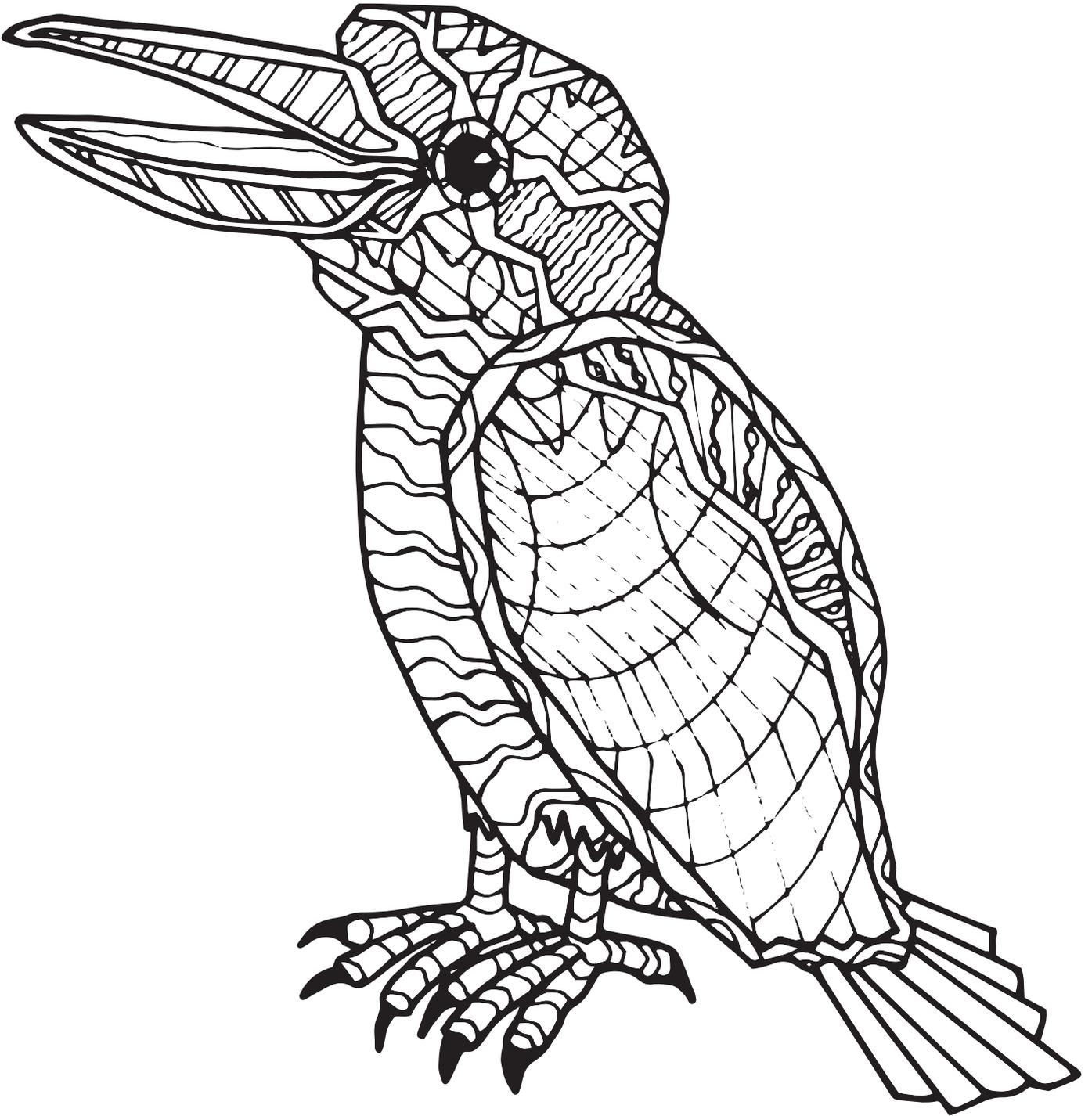
K

IS IT KIND?

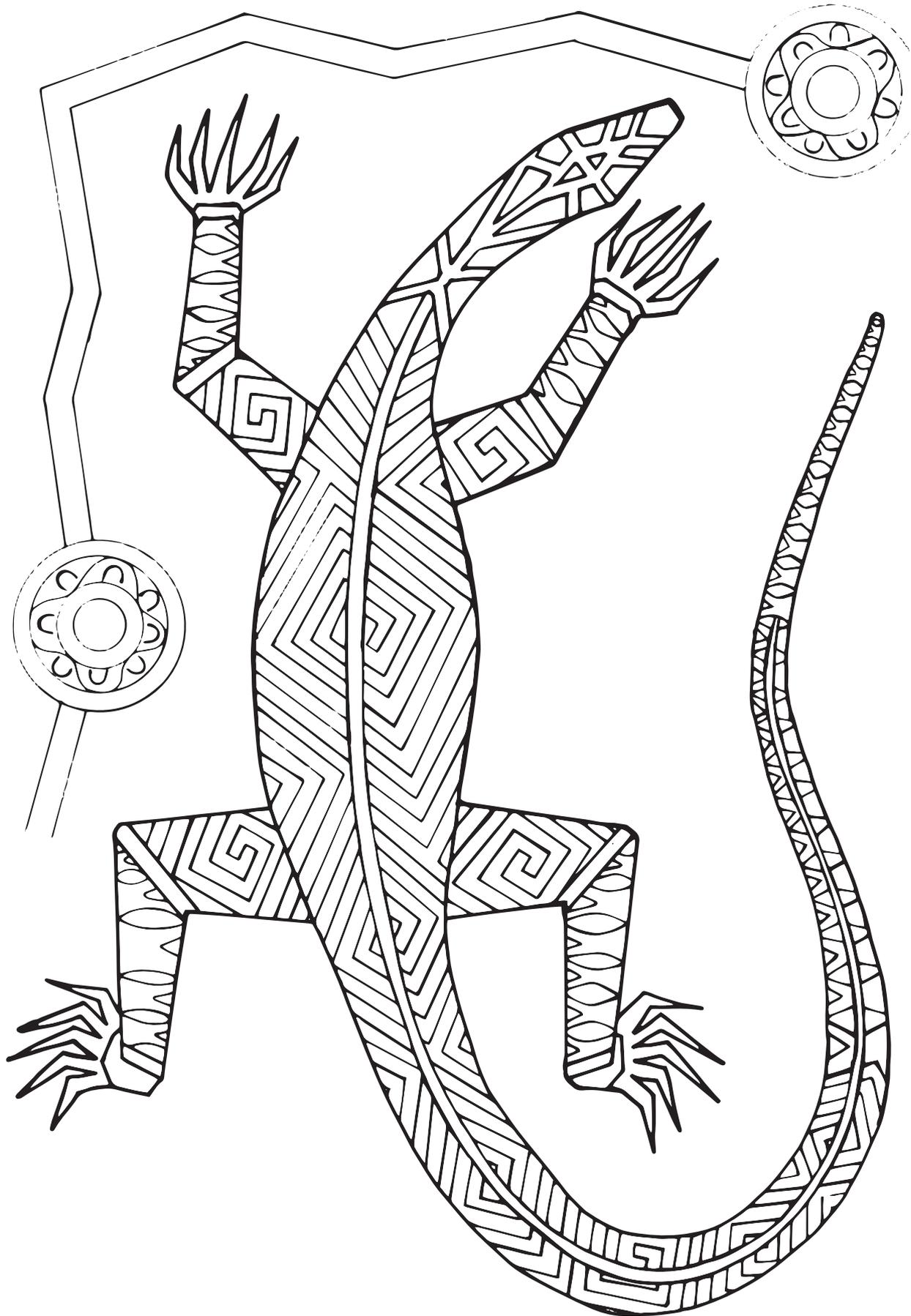


ECHUCA COLLEGE

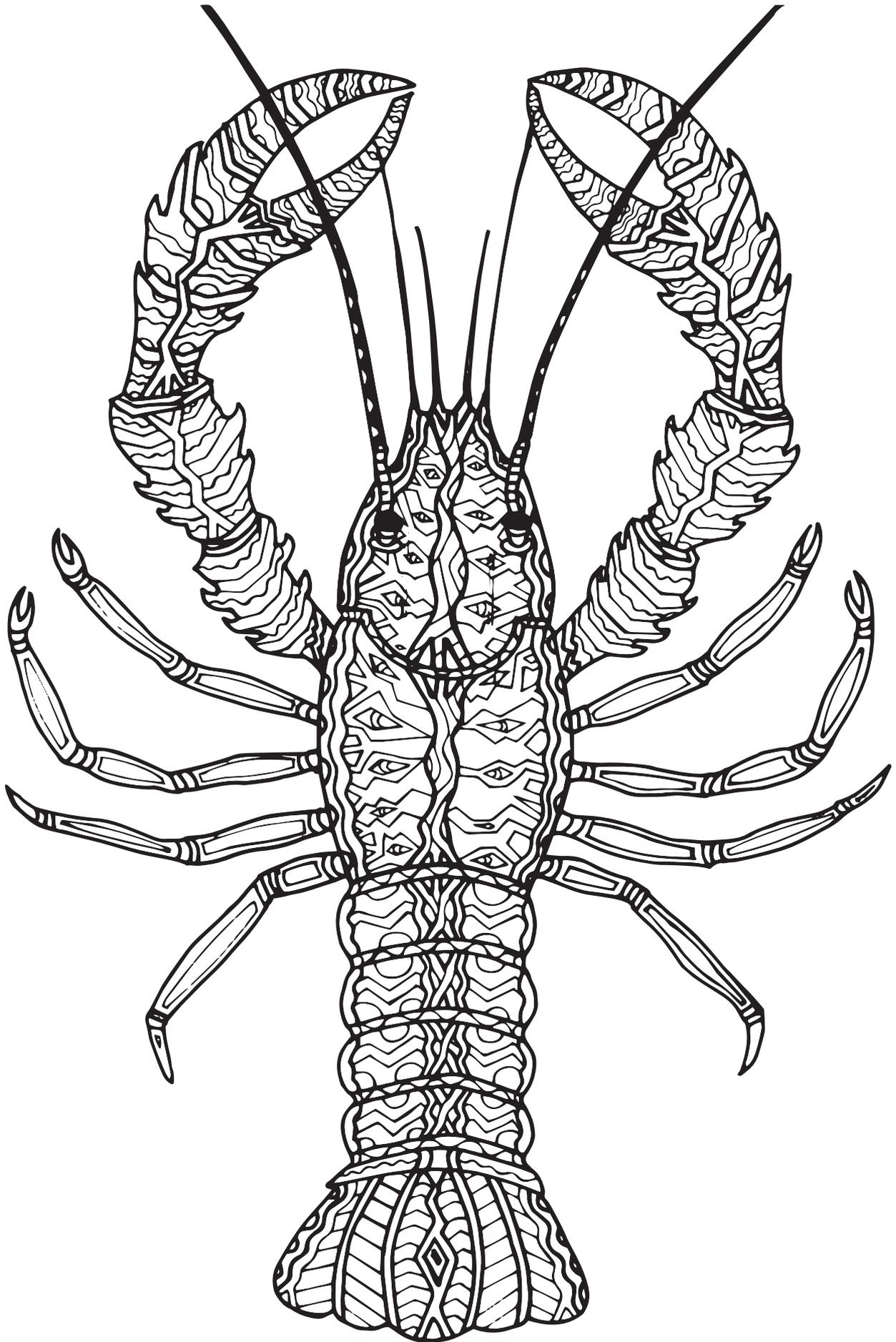
ECHUCA COLLEGE



MINDFUL COLOURING

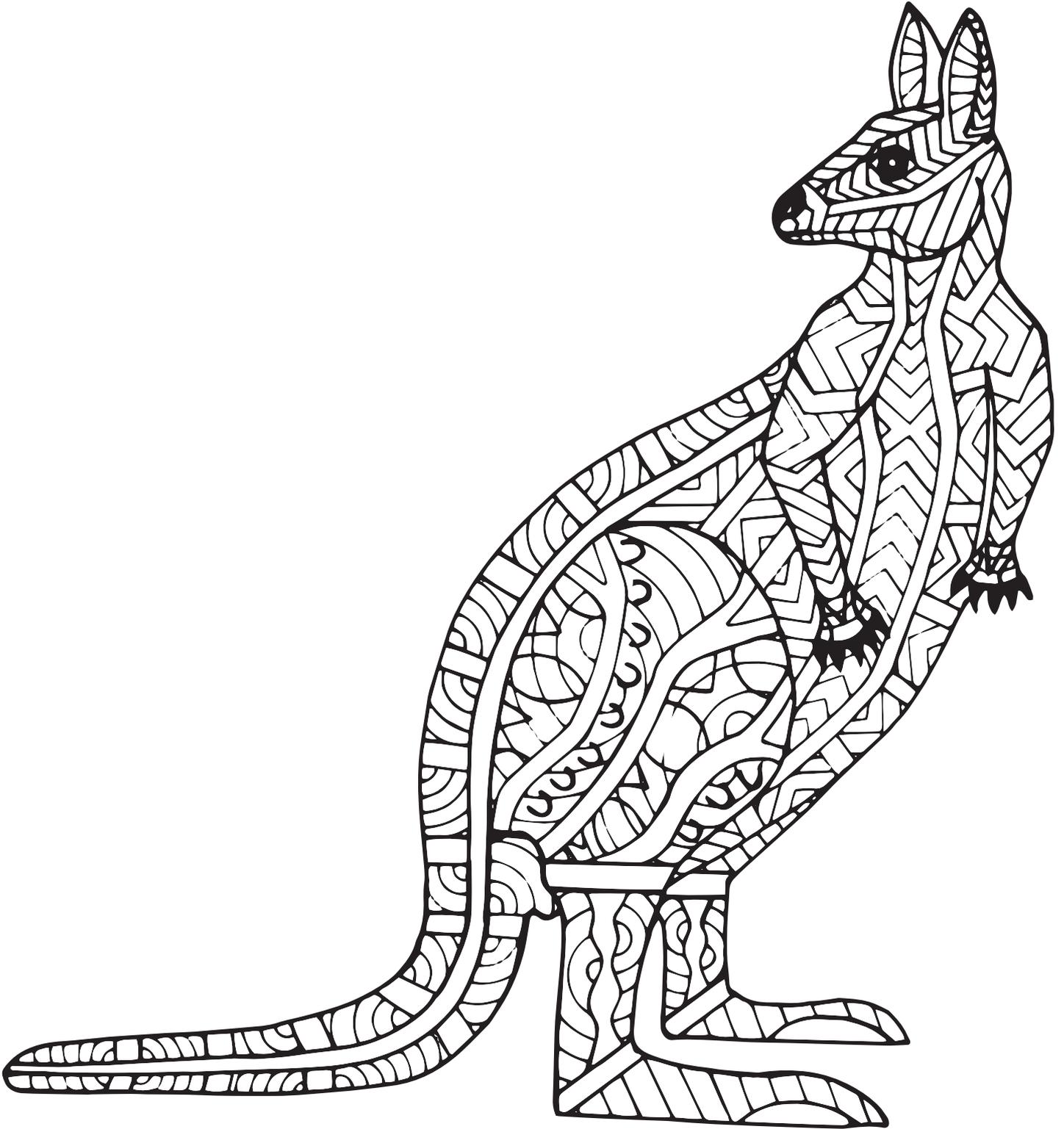


ECHUCA COLLEGE



MINDFUL

COLOURING



GIVE YOURSELF A HUG BY CROSSING YOUR ARMS IN FRONT OF YOU, FAR ENOUGH TO BRING YOUR PALMS ALMOST TO YOUR SIDES. SQUEEZE YOUR ARMS OR SIDES FIRMLY, AND HOLD FOR FIVE TO TEN SECONDS.

STOP. GIVE YOURSELF A REMINDER TO "COUNT TO TEN", OR ANOTHER IDEA OF "SAYING THE ALPHABET" THAT YOU PRACTICE AND CAN GO BACK TO QUICKLY IN SITUATIONS THAT FEEL HARD.

PALM PUSH. PUSH YOUR PALMS TOGETHER, AND HOLD FOR FIVE TO TEN SECONDS. FACE YOUR PALMS TOGETHER. PUSH THEM FIRMLY TOGETHER, AND HOLD THIS POSITION FOR FIVE TO TEN SECONDS.

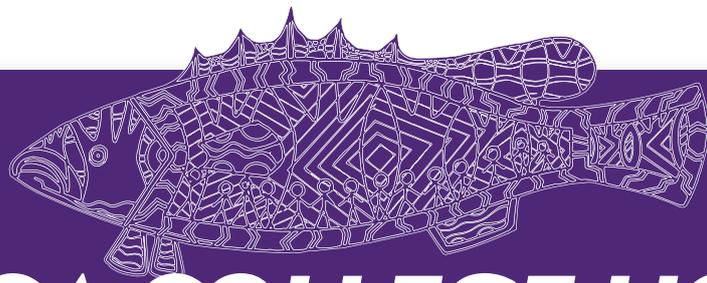
WALL PUSH UP. PRESS YOUR HANDS AGAINST A WALL AND LOWER YOUR CHEST AS IF YOU ARE COMPLETING A PUSH UP AGAIN THE WALL. REPEAT 10 TIMES.

STRIKE A POSE. STAND UP AND POSE IN ANY WAY YOU'D LIKE. HOLD THAT POSE WITHOUT MOVING. KEEP YOUR BODY EYES AND MIND COMPLETELY STILL. THEN CHANGE AND STRIKE ANOTHER POSE.

SKY WRITING. EXTEND YOUR ARM OUT INTO THE AIR. USING TWO FINGERS BEGIN WRITING YOUR NAME IN HUGE LETTERS IN THE AIR. CONTINUE DRAWING AND WRITING IN THE AIR FOR AT LEAST TWO MINUTES.

#SELFIE SURVEY

Self Assessment	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
I think you can always learn no matter how hard it is to learn.				
I know what self compassion is.				
I know what self awareness is.				
I know what self control is.				
I am mindful				
I am calm and in control				
I am aware of how my body reacts to stress				
I make good choices				
I take responsibility when I do the wrong thing				
I am kind and compassionate to others				
I bounce back when I fail				
I respect myself				
I respect others				
I have a growth mindset				
I am happy and like myself				



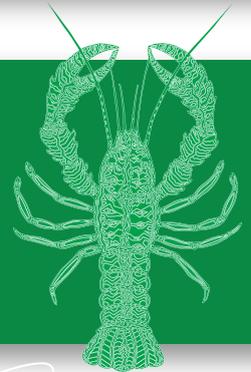
ECHUCA COLLEGE HOUSES

**DHUNGALA
DINGOES**



**KANYAPELLA
KINGFISHERS**

**MOIRA
MURRAY CRAYS**



**PERRICOOTA
PERENTES**

**WHARPARILLA
WALLABIES**

