

E everyone Can Learn

<p>I will always do my best work and learn from my mistakes.</p>	
<p>I can ask a friend or an adult for help when I need it.</p>	
<p>I can help a friend when they ask nicely.</p>	
<p>When I am upset I will calm down. I will take deep breaths. I will ask an adult for help. I will use my words to express my feelings. <i>I know I can learn even if it seems hard.</i></p>	



PA Standards for Student Interpersonal Skills

16.1 Self-Awareness and Self-Management

- Resiliency (16.1.K.C, 16.1.5.C)
- Managing Emotions and Behavior (16.1.K.A, 16.1.5.A)

16.2 Establishing and Maintaining Relationships

- Support: Asking for Help (16.2.K.E, 16.2.5.E)
- Relationships (16.2.K.A, 16.2.5.A)

16.3 Decision Making and Responsible Behavior

- Decision Making Skills & Responsible Active Engagement (16.3.K.A, 16.3.5.A)
- Responsible Active Engagement (16.3.K.C, 16.3.5.C)