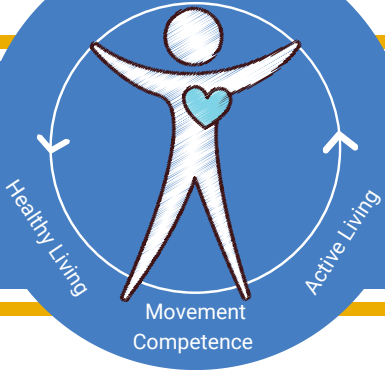




SEL Skills



Copy Master #3: "I Can..."

From the #OpheaOpenClass Welcome Back Choice Board

Self-awareness and identity skills help you explore who you are – your strengths, difficulties, preferences, interests, values, and ambitions – they help you value yourself inside and out!

Reflect on something you have been practicing lately where you've noticed progress. What strengths have you discovered in doing so?

- 1) In the larger square, draw or insert a representation of you, showing that you can...
- 2) Write or insert text into the smaller box to identify what you can do.
- 3) Can you reflect and add some skills and abilities that enabled you to do that?

I can...