



Be Yourself





Proud	A feeling of being worthwhile because of the person you are or something you have achieved.	Strategies	Ways we can work through or manage something.
Achievement	Something we have done well or a challenge we have accomplished.	Emotions	The way we feel about things that are happening.
Actions	Something we do.	Facial expression	When a person uses their face to express how they are feeling or what they want.
Strengths	Something we are good at.	Body language.	Gestures, movements or mannerisms used by a person to show how they are feeling.





Being Assertive

- Say what has happened
- Say how you feel.
- Say how you would have liked things to have been different.

We can say sorry. 

We can check if anyone who has been hurt by our words or actions is OK. 

We can attempt to fix anything that has been broken, if it is safe to do so. 

We can return anything that has been taken. 

We can ask the other person what we can do to help them feel happy again. 