

OUR CORE ASSETS



Mindfulness:

I notice what is happening around me and am able to respond in a clear way. I am present, attentive, and grateful for each moment. I am able to take the perspective of and empathize with others, including those from diverse backgrounds.



Belonging:

I understand who I am, have a place where I can feel accepted and know that my contributions count. I belong to a group at school or in the community. I feel welcomed in a group. I talk about being accepted and appreciated by others in the group. I'm interested in exploring my own identity.



Responsible Decision Making:

I can weigh the pros and cons to make a decision. I can choose options and carry out a decision. I consider different strategies and options for solving a problem. I can evaluate the consequences of various actions and have consideration for the well-being of myself and others.



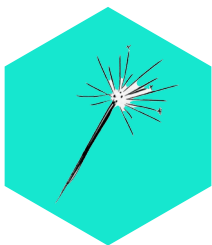
Positive Relationship Building:

I get along well with others and am able to find people to support me. I am aware of other's feelings and needs. I am able to communicate clearly in a positive way, listen well and cooperate with others. I can seek and offer help when needed. I can express thanks for help when provided.



Self Management:

I know how to manage my feelings and take care of myself in a healthy way. I can identify my emotions. I can inhibit impulsive behavior. I can assess my strengths and limitations with a well-grounded sense of confidence and "growth mindset".



Spark:

I want to explore my passions, interests, and new situations. I get excited about my passions. I participate in at least one activity that is tied to a hobby or passion. I can name a personal strength or accomplishment. I can express a dream for myself. I believe in myself and am able to set goals to achieve them. I work hard through challenges and finish what I start.