## The CBSG® Program Social, Emotional and Coping Skills

I BELIEVE in

my purpose &

future.

I WILL make

healthy,

responsible

decisions.

I AM likeable.

capable, unique

and valued.

I CAN treat

others like I

want to be

treated.

### I BELIEVE

- **Dreams & aspirations**
- **Goal-setting**
- **Self-control**
- **Self-discipline & motivation**
- **Perseverance**
- **Faith/spiritual connectedness**

### I WILL

- **Critical & creative thinking**
- **Identifying & solving** problems
- **Analyzing situations**
- **Understanding positive &** negative consequences
- **Ethical responsibility**
- **Self-care practices**

# Rainbow

\*Curriculum-Based Support Group Program

CBSG<sup>®</sup>

Program\*

**I HAVE** 

meaningful

relationships and people who care

about me.

- **Self-perception/identity/value**
- Sense of self-confidence
- **Self-efficacy**
- **Recognizing strengths**
- **Identifying emotions and** healthy ways to express & cope with them
- Recognize one another's differences

### I CAN

- **Empathy**
- **Perspective-taking**
- **Appreciating diversity**
- **Respect for self & others**
- **Ability to assert oneself**
- Ability to adapt to change

### I HAVE

- **Building meaningful relationships**
- Communication
- **Working cooperatively**
- **Resolving conflicts**
- **Identifying caring & safe people**
- **Helping & seeking help**



