

The CBSG[®] Program

Social, Emotional and Coping Skills

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



I AM

- 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