

Kids' Connection, Too **Sessions & Major Messages**

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| <p><i>I AM: Self-Awareness</i></p> <p style="text-align: center;"><i>I AM likeable, capable, unique, and valued.</i></p> | <ul style="list-style-type: none"> • Self-perception/Identity/Value • Self-confidence • Self-efficacy • Recognizing strengths • Identifying emotions and healthy ways to express & cope with them • Recognize one another's differences |
| <p><i>I CAN: Social Awareness & Competence</i></p> <p style="text-align: center;"><i>I CAN treat others like I want to be treated.</i></p> | <ul style="list-style-type: none"> • Empathy • Perspective-taking • Appreciating diversity • Respect for self & others • Ability to assert oneself • Ability to adapt to change |
| <p><i>I HAVE: Relationship Skills</i></p> <p style="text-align: center;"><i>I HAVE meaningful relationships and people who care about me.</i></p> | <ul style="list-style-type: none"> • Building meaningful relationships • Communication • Working cooperatively • Resolving conflicts • Identifying caring & safe people • Helping & seeking help |
| <p><i>I WILL: Responsible Decision Making</i></p> <p style="text-align: center;"><i>I WILL make healthy, responsible decisions.</i></p> | <ul style="list-style-type: none"> • Critical & creative thinking • Identifying & solving problems • Analyzing situations • Understanding positive & negative consequences • Ethical responsibility • Self-care practices |
| <p><i>I BELIEVE: Sense of Purpose & Future</i></p> <p style="text-align: center;"><i>I BELIEVE in my purpose and future.</i></p> | <ul style="list-style-type: none"> • Dreams & aspirations • Goal Setting • Self-control & Self-discipline • Motivation • Perseverance • Faith/spiritual connectedness |