



Intro to SEL: Relationship Skills

Note Catcher

Review the communication tips below. For each tip, identify one personal strength and one area of growth.

LISTEN ACTIVELY: Pay attention when someone is speaking to you.

STRENGTH

AREA OF GROWTH

USE "I" STATEMENTS: Express your feelings without blaming others.

STRENGTH

AREA OF GROWTH

(Continued below)



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BE RESPECTFUL: Treat others' opinions and feelings with respect, even if you disagree.

STRENGTH

AREA OF GROWTH

STAY CALM: Don't let anger or frustration control your words.

STRENGTH

AREA OF GROWTH

ASK QUESTIONS: Clarify information and show interest in others.

STRENGTH

AREA OF GROWTH