

#### What are Life Skills?



### Who am I? What is important to me?







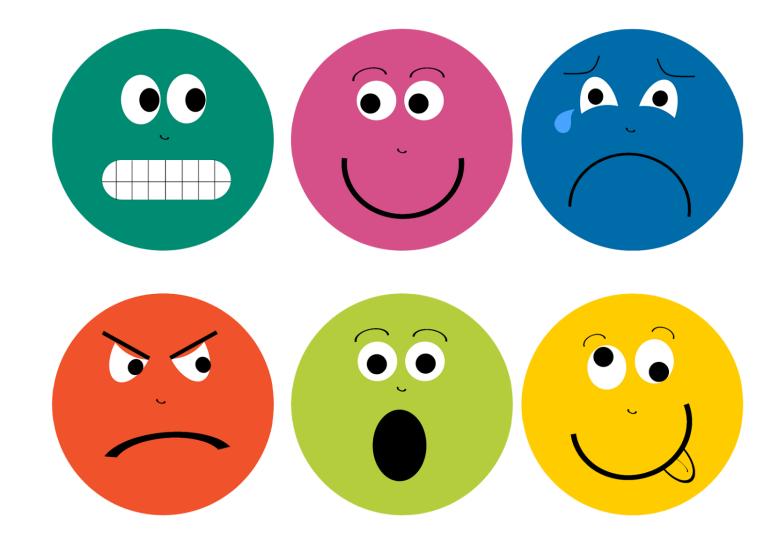




# Getting along with others



### Expressing your feelings





## Thinking and Studying







# Listening and Talking





## Taking Care of Myself





