

Check-in!

Take a few minutes to reflect on today's lesson on **Be There for Yourself**.

Step 1:

Assess your current level of knowledge by putting a checkmark in each of the applicable boxes.

	Not yet	Getting there	Yes
I am able to recognize signs that I am stressed or struggling			
I understand the importance of self-care			
I know multiple self-care strategies to try when I am stressed or struggling			
I know when I should reach out for help			

Step 2:

How **confident** are you in your ability to apply these new skills in **a real life situation**? Check one of the boxes below.

Overall, I am very confident in my ability to say and do the right things in a real life situation.	Getting there! I need to review and practice more in order to feel more confident applying these skills in a real life situation, but overall I feel pretty good about it.	I think I need more time to become comfortable with this new information and how to apply it in a real life situation.
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Step 3:

What **comments** or **questions** do you have for your teacher? Write them in the space below: