Active Listening

Active-Listening Posture

Look at the speaker.

Be quiet.

Sit still with your hands in your lap.

Focus

Say-It-Back

Ask Questions
Three Steps for Making a New Friend

1. Hello.

2. My name is Alyssa. What’s your name?

3. Let’s play a game!
Stay Cool Steps

I feel angry!

Give myself a Chilly hug!

Breathe in.

1-2-3-4-5 Breathe out.

I am cool and ready for school!