

Skill Sketch – Sketch Page



Frustration Management

Smiling and laughing

Social Interaction

Resourcefulness

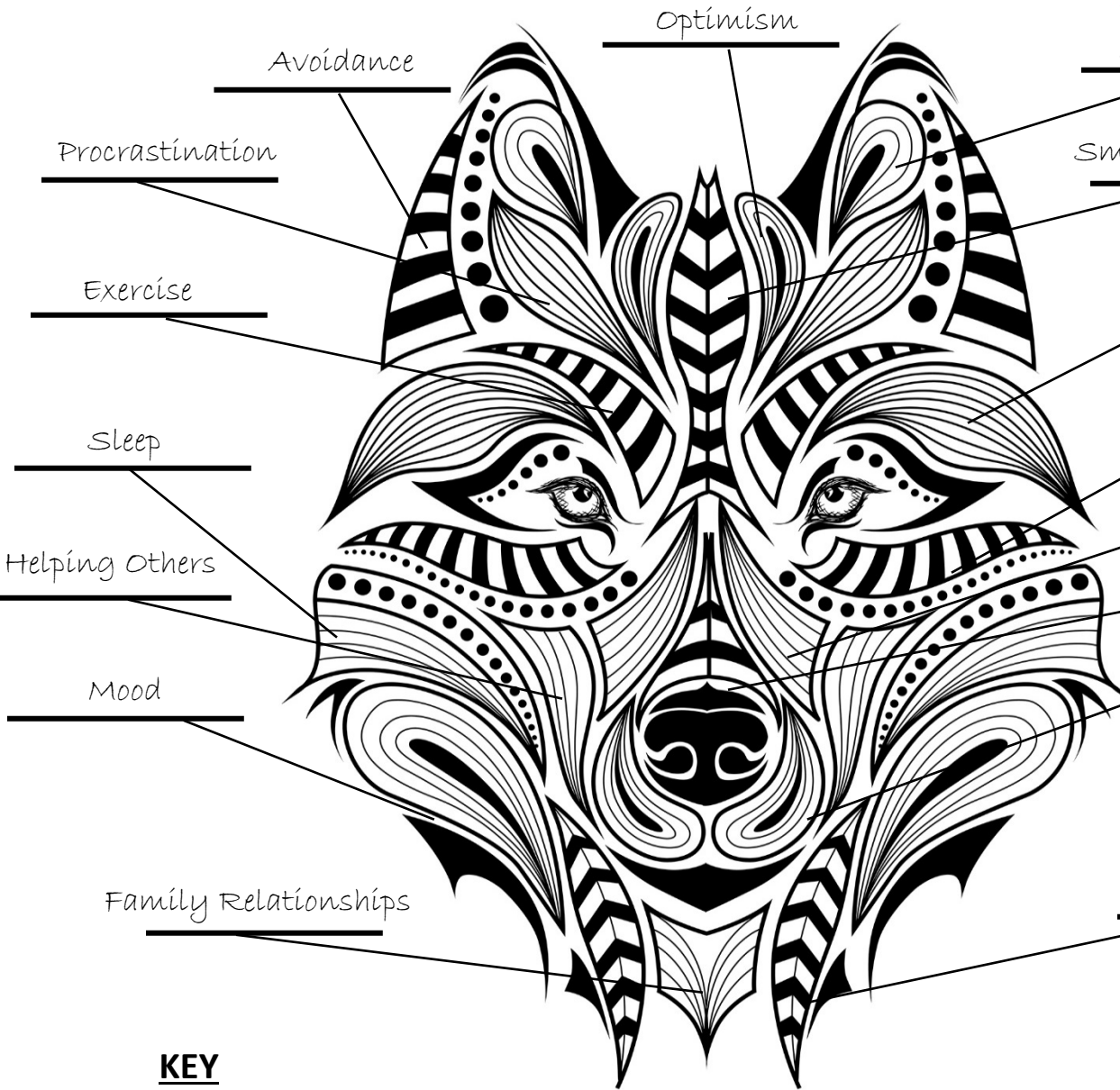
Hope

Organization

Nutrition

Mindfulness

Skill Lines



Avoidance

Optimism

Procrastination

Exercise

Sleep

Helping Others

Mood

Family Relationships

KEY

Skills to Build	<u>Orange</u>
Skills that are Building	<u>Green</u>
Skills that are Good	<u>Blue</u>
Skills that are Great!	<u>Purple</u>

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Assessment 1



Assessment 2



Assessment 3