

Teaching with the **HEART** in Mind



Honor Your Emotions

Naming, interpreting and appropriately communicating feelings.

I honor my emotions when...

Elect Your Responses

Creating space to make constructive and safe decisions.

I elect my responses when...

Apply Empathy

Recognizing and valuing the emotions and perspectives of others, and taking action to support them. Nurturing self-compassion.

I apply empathy when...

Reignite Your Relationships

Nurturing a positive and supportive network by actively using communication and conflict resolution skills, and working cooperatively with others.

I reignite my relationships when...

Transform with Purpose

Using personal assets and interests to positively contribute to self and others.

I transform with purpose when...