## Social Emotional Model



FocusedKids starts with building safe relationships, then learning and practicing the tools needed for self regulation.



Changemaker
Kindness, Compassion, Hope

Understanding Others
Perspective Taking, Empathy

Awareness of Self

Gratitude, Optimism, Grit, Resilience

Self Regulation

Brain, Breath, Body, Feelings, Impulse Control

Safe Relationships

Based on Momentous Institute Model of Social Emotional Health

