

Life Skills and Wellness



Supporting students' personal growth so they can manage self, build relationships, and navigate challenges.

Why it Matters...

- Develop emotional awareness and regulation.
- Build positive relationships and communication skills.
- Demonstrate resilience and coping strategies.
- Make responsible decisions.



In Action...

Tier 1

- Classroom lessons on emotion regulation and social skills.
- Conflict resolution and decision-making instruction.
- Bully prevention and healthy relationship education.

Tier 2

- Small groups focused on coping, anxiety, peer relations.
- Targeted interventions for behavior or emotional concerns.
- Check-in/check-out systems.

Tier 3

- Individual counseling and crisis response (short-term).
- Safety planning and intensive emotional support.
- Collaboration with families and mental health providers.

Student Outcomes

- ✓ Identify/manage emotions
- ✓ Demonstrate effective communication skills
- ✓ Use coping strategies during challenges
- ✓ Make responsible decisions

Data Monitored:

- ✓ Behavior/discipline data
- ✓ Attendance patterns
- ✓ School climate surveys
- ✓ Needs assessment data
- ✓ Referrals for support services

When students build life skills and prioritize wellness, they navigate challenges with resilience, form meaningful relationships and thrive in all areas of life.