

# BUZ HOPE AND CASEL



1. Self Awareness	2. Social Awareness	3. Self Management	4. Responsible decision making	5. Relationship Skills
<p>Build resilience and their own sense of hope and positivity</p> <p>Understand the nature of grief, loss and change</p>	<p>Appreciate that grief, loss &amp; change are a normal part of life. Use some basic breathing and meditation processes to bring healing and peace</p>	<p>Understand, express and appropriately deal with the feelings associated with grief, loss and change</p> <p>Use journaling as a tool for helping overcome storms in life</p>	<p>Understand the use of metaphors and symbols and develop metaphoric thinking that can help through tough times</p>	<p>Know how to get support and who to get support from during tough times</p>

