



An evidence-based, multi-tiered solution to support whole child success.

### Skills for Life + Character Development

- ✓ Explicit, direct skill instruction designed to lead to 3 powerful outcomes: Be Strong, Be Kind, and Be Well
- ✓ Instruction centers around 1 character trait per month
- ✓ Generalization practices support students to apply skills and character traits beyond the lessons
- ✓ Content is aligned with CASEL competencies and vertically-aligned from Pre-K through 5th Grade to build skills effectively

#### BE KIND



Social skills and conflict-resolution



RESPECT

EMPATHY

COOPERATION

#### BE STRONG



Executive functioning: focusing, organizing, goal-setting



Responsibility

PERSEVERANCE

COURAGE

#### BE WELL



Wellness strategies: emotion regulation



GRATITUDE

HONESTY

Creativity

This program is made available to all Richland County schools by funding from the Montana Eastern Service Area Authority and in a supported partnership from the Richland County Superintendent of Schools and the Richland County Health Department.

For more info, contact the Richland County Health Department 406-433-2207

