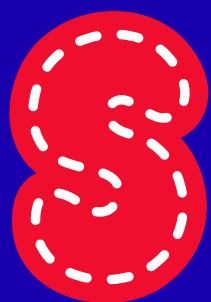




Social/Emotional Support at KSPS



S.T.R.O.N.G.



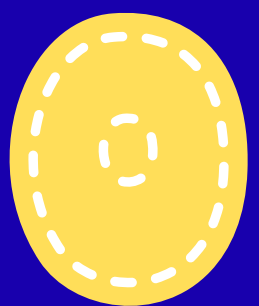
Self-regulate to manage your emotions and reactions to tough situations.



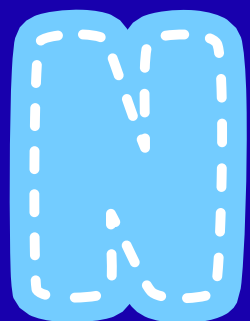
Trust your ability to make a change and rely on your Go2 people.



Resilience is the ability to return-to-calm after setbacks and become stronger.



Overcome challenges to develop your problem solving skills for future obstacles.



Never give up - this empowers you to persevere and achieve your goals.



Grow from experiences by reflecting on what went right and what went wrong.