## LifeLong Guidelines and LIFESKILLS

The LifeLong Guidelines and LIFESKILLS are an important component of our school community and student leadership development. The LifeLong Guidelines and LIFESKILLS provide consistent parameters and expectations of conduct within our school community. They also ensure that all students are in an environment that encourages exploring, discovering, and learning. Parents are encouraged to join us in our journey as we learn and live these guidelines.

LifeLong Guidelines, LIFESKILLS and Power Skills will be taught daily during SEL Time.

## Lifelong Guidelines

**TRUSTWORTHINESS**: To act in a manner that makes one worthy of trust and confidence.

**TRUTHFULNESS**: To be honest about things and feelings with oneself and others.

**ACTIVE LISTENING**: To listen with the intention of understanding what the speaker intends to communicate.

**NO PUT-DOWNS:** To never use words, actions and/or body language that degrades, humiliates, or dishonors others.

**PERSONAL BEST**: To do one's best given the circumstances and available resources.



Caring: To feel and show concern for others Common Sense: To use good judgment

**Cooperation**: To work together toward a common goal or purpose

**Courage**: To act according to one's beliefs despite fear of Adverse consequences

**Creativity**: To generate ideas; to create something original Or redesign through imaginative skill

**Curiosity**: A desire to investigate and seek understanding of One's world

Effort: To do your best

**Flexibility**: To be willing to alter plans when necessary **Friendship**: To make and keep a friend through mutual trust and caring

**Initiative**: To do something of one's own free will because It needs to be done

**Integrity**: To act according to a sense of what's right and wrong

**Organization:** To plan, arrange, and implement in an orderly way;

Patience: To wait calmly for someone or something Perseverance: To keep at it

**Pride:** Satisfaction from doing one's personal best **Problem Solving**: To create solutions to difficult situations and everyday problems

**Resourcefulness**: To respond to challenges and opportunities in innovative and creative ways **Responsibility:** To respond when appropriate; to be Accountable for one's actions

**Sense of Humor**: To laugh and be playful without harming others.