

MY

OFF

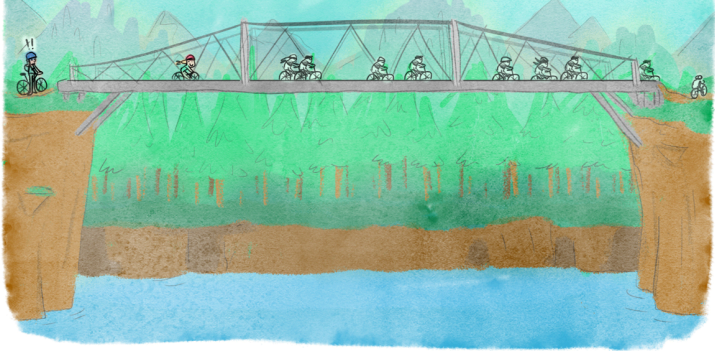
TRAIL

PROGRESS



THE BIG CROSSING!

“Recognizing your emotions and their impacts on your behaviour”



CHALLENGE #1

TWO SIDES OF THE SAME COIN

“Learning to cultivate non-judgment”



CHALLENGE #2

A SCARY STORY

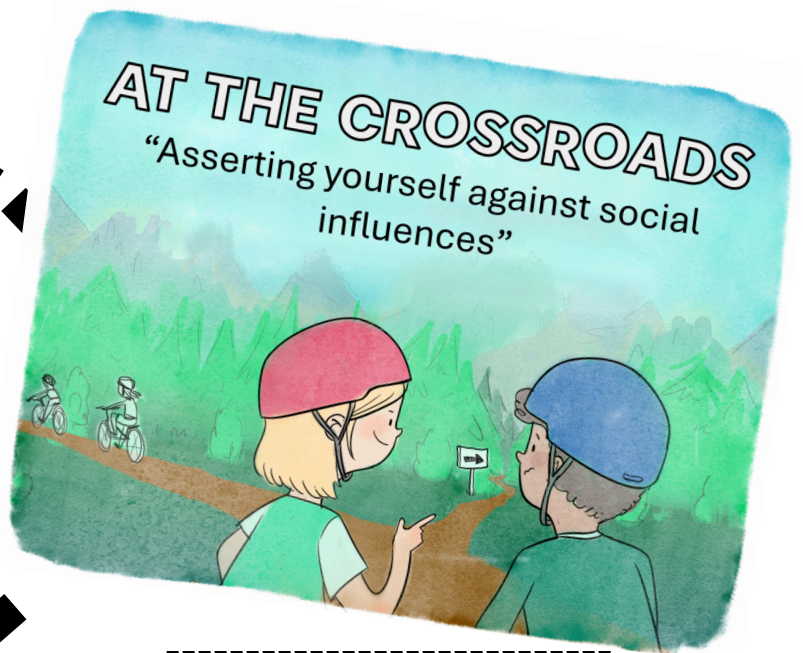
“Learning to calm down”



CHALLENGE #3

AT THE CROSSROADS

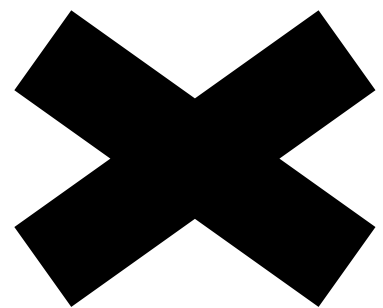
“Asserting yourself against social influences”



CHALLENGE #4

CONFLICT AT PLAY

“Using positive strategies to resolve your conflicts”



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MY OFF-TRAIL PROGRESS

To cut out and glue to the *My OFF-TRAIL Progress poster*, after each workshop.

CHALLENGE #1

CHALLENGE: Try to pay attention to the emotions you're experiencing and identify them.

CHALLENGE #2

CHALLENGE: Try to pause before passing judgment on someone, and ask yourself questions to better understand the other person.

CHALLENGE #3

CHALLENGE: Try at least one of the ways you learned to calm yourself in your everyday life.

CHALLENGE #4

CHALLENGE: Try to exert a positive influence on a friend.