

## Getting to know yourself

I'd like you to think about what you find easy and what you find hard. Have a look at these statements and decide if they are easy for you, a bit hard or hard.

Situation	Easy	A bit hard	Hard
Managing my feelings ( <i>Coping with emotions</i> )			
Telling people how I feel			
Listening to the teacher in class			
Listening to friends when they are talking			
Looking at people when they are talking			
Keeping still and not fidgeting too much when listening			
Speaking clearly and getting my message across			
Joining in with conversations with friends			
Talking to people I don't know very well			
Asking questions			
Answering questions			
Explaining things			
Contributing in class ( <i>Joining in</i> )			
Making friends			
Maintaining friendships ( <i>keeping friends</i> )			
Manage conflict with my friends ( <i>falling out with friends</i> )			
Asking for help when I need it			