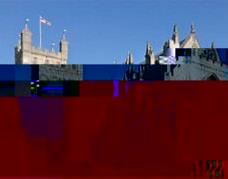
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Self Control & Management	Social Skills	Self Awareness and	Skills for Learning	Approach to Learning
		Confidence		
The intent behind this area is	Social skills are the ways	The intent behind this		
for students to develop self-	people control their words	area is to develop		
regulation strategies to	and actions to get along			
enable them to control and	better with others.	private self awareness,		
manage themselves and	The intent behind this area	resulting in greater		
their emotions, inner	is for students to	confidence. The PD		
resources, and abilities. It	understand and acquire the	programme allows		
also includes their ability to	skills to be socially aware of	students to become more		
manage their impulses.	norms and expectations in	aware of how they		
5	any given situation.	appear to others and also		
	any given areacteri.	foster a growing		
Self-regulation also includes		awareness of their own		
an element of		feelings, thoughts and		
taking responsibility for their		sensations. Self-		
0 1 9		awareness is a positive		
own actions		and healthy trait that can		







Halden Forest trail

Exeter Cathedral

Dartmoor Prison Museum

