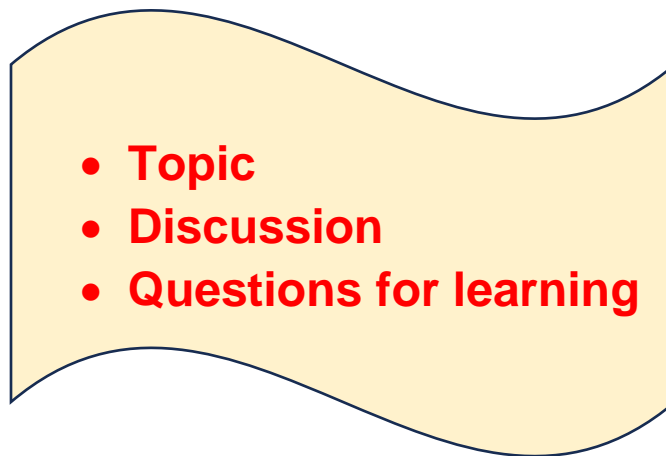


One Pager

Flipped Learning is a pedagogical approach in which direct instruction moves from the group learning space to the individual learning space, and the resulting group space is transformed into a dynamic, interactive learning environment where the educator guides students as they apply concepts and engage creatively in the subject matter.

Each lesson will be on one page



How to use-

- **In Class review & Discussion**
- **Take home to discuss with others**
- **Discuss with Class the next class**

Each next pages are samples of a one pager

Will decide on language in class

Trust:



Trust is the belief that someone or something is honest, good, and reliable

Here are four thought-provoking questions to discuss and define the life skill **Trust**:

1. **What does trust mean to you, and why is it important in building relationships?**
(This encourages participants to share personal definitions and the role trust plays in their interactions.)
2. **How do you determine whether someone is trustworthy?**
(This question prompts discussion on the qualities and behaviors that inspire confidence in others.)
3. **What are some ways to rebuild trust when it has been broken?**
(This explores the challenges and strategies for repairing damaged relationships.)
4. **How can you demonstrate trustworthiness in your daily actions and decisions?**
(This focuses on personal accountability and consistent behavior that fosters trust.)

Respect:



Respect is a feeling of deep admiration for someone or something, and it means treating them with regard and consideration:

- **Showing regard:** Respecting someone means valuing their abilities and worth, and giving them the same consideration you would expect for yourself.
- **Accepting them:** Respect means accepting someone for who they are, even when they're different from you or you don't agree with them.

Here are four focused questions to discuss and define the life skill Respect:

1. What does respect mean to you, and how can it be shown in words and actions?
(Encourages participants to explore their understanding and provide tangible examples.)
2. How does showing respect to others benefit both individuals and relationships?
(Prompts discussion about the mutual benefits of respect in creating trust, harmony, and cooperation.)
3. What are some challenges to showing respect, and how can those challenges be overcome?
(Addresses real-life obstacles such as disagreements or misunderstandings and strategies to maintain respect.)
4. What is the difference between self-respect and respecting others, and why are both important?
(Explores the balance between valuing oneself and extending respect to others.)



Empathy:

Empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. Essentially, it is putting yourself in someone else's position and feeling what they are feeling.

- ☐ What does empathy mean to you, and how is it different from sympathy?
(Encourages participants to reflect on the concept of understanding others' feelings and distinguishing it from simply feeling sorry for them.)
- ☐ Why is empathy important in building strong relationships and effective communication?
(Highlights empathy's role in fostering trust, understanding, and deeper connections.)
- ☐ How can you practice empathy in situations where you don't agree with someone's perspective?
(Focuses on developing empathy even in challenging or conflict situations.)
- ☐ What are some signs that show someone is being empathetic toward you, and how does it make you feel?
(Helps identify empathetic behaviors and their emotional impact on others.)



Listening:

“Most people do not
listen with the intent
to understand;
they listen with the
intent to reply.”

Stephen R. Covey
(1932-2012)
InspirationBoost.com

Active listening" is one way to listen better, by making a conscious effort to engage fully with what someone's saying, and to understand what they really mean..

Five steps to active listening are: paying attention; showing that you're listening; providing feedback; deferring judgment; and responding appropriately

☐ What does it mean to be an active listener, and how is it different from simply hearing someone?

(Encourages participants to distinguish between passive hearing and engaging actively in communication.)

☐ Why is listening important for building trust and understanding in relationships?

(Explores how listening fosters better connections and reduces misunderstandings.)

☐ What are some barriers to effective listening, and how can they be overcome?

(Addresses common challenges like distractions, assumptions, or impatience, and ways to improve focus.)

☐ How can you show someone that you are truly listening to them?

(Prompts discussion on behaviors such as eye contact, nodding, paraphrasing, and asking clarifying questions.)



Self-management --- One Pager --- 4 Languages

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals

Impulse control	Stress management
Self-discipline	Self-motivation
Goal-setting	Organizational skills

Spanish

La capacidad de regular exitosamente las propias emociones, pensamientos y comportamientos en diferentes situaciones: gestionar eficazmente el estrés, controlar los impulsos y motivarse a uno mismo. La habilidad de establecer y trabajar hacia metas personales y académicas.

Portuguese

A capacidade de regular com sucesso as próprias emoções, pensamentos e comportamentos em diferentes situações: gerenciar eficazmente o estresse, controlar os impulsos e motivar a si mesmo. A habilidade de estabelecer e trabalhar para alcançar metas pessoais e acadêmicas

Haiti Creole



Kapabilite pou regle emosyon, panse, ak konpòtman yon moun avèk siksè nan diferan sitiyasyon — jere estrès efektivman, kontwole enpilsyon, epi motive tèt ou. Kapasite pou mete objektif pèsonèl ak akademik epi travay pou reyalize yo.




Critical thinking is the analysis of available facts, evidence, observations, and arguments in order to form a judgement by the application of rational, skeptical, and unbiased analyses and evaluation

Here are four engaging questions to help teach and discuss the life skill of critical thinking:

- 1. What steps can you take to evaluate whether information you've encountered is reliable and accurate?**
(Encourages students to consider strategies like checking sources, seeking evidence, and identifying biases.)
- 2. How do emotions or personal biases influence your ability to think critically about a situation?**
(Prompts reflection on the role of objectivity and how to manage emotional responses.)
- 3. When faced with a complex problem, how can breaking it down into smaller parts help you find a solution?**
(Explores the importance of analysis and methodical approaches in problem-solving.)
- 4. Why is it important to consider multiple perspectives before making a decision or forming an opinion?**





Collaboration is when two or more people work together to achieve a goal or complete a task. It can happen between friends, strangers, or even different organizations

Here are four thought-provoking questions to teach and explore the life skill Collaboration:

- 1. What does effective collaboration look like, and what are its key components?**
(Encourages participants to identify traits like communication, trust, and shared goals.)
- 2. How can you handle disagreements within a team to ensure progress and maintain respect?**
(Explores conflict resolution strategies and the importance of compromise in collaboration.)
- 3. Why is it important to understand and value the strengths and perspectives of your team members?**
(Highlights diversity and the role of individual contributions in achieving team success.)
- 4. What steps can you take to ensure that everyone in a group feels heard and included?**
(Focuses on fostering inclusivity and active listening during teamwork.)



Kindness

Kindness is the quality of being generous, caring, and considerate towards others, without expecting anything in return. It's more than just being nice, and it can involve doing intentional, voluntary acts of kindness

Here are four thoughtful questions to teach and explore the life skill Kindness:

- 1. What does kindness mean to you, and how can small acts of kindness make a big impact?**
(Encourages personal reflection on the definition and power of kindness in everyday life.)
- 2. How can showing kindness to others improve your relationships and overall well-being?**
(Highlights the mutual benefits of being kind for both the giver and the receiver.)
- 3. What are some ways to practice kindness in challenging situations, such as when someone is unkind to you?**
(Explores the idea of compassion, patience, and maintaining kindness despite difficulties.)
- 4. Why is it important to be kind to yourself, and how can self-kindness influence how you treat others?**
(Focuses on self-compassion and its role in fostering a kinder approach to others.)



Taking Risks.

the act or fact of doing something that involves danger or risk in order to achieve a goal. Starting a business always involves some risk-taking

Here are four insightful questions to learn about the life skill of Taking Risks:

- 1. What does it mean to take a risk, and how do you determine whether a risk is worth taking?**
(Encourages reflection on evaluating opportunities and potential outcomes.)
- 2. How can taking risks help you grow personally and achieve your goals?**
(Explores the connection between stepping out of your comfort zone and personal development.)
- 3. What are some strategies you can use to manage fear or uncertainty when facing a risk?**
(Focuses on building confidence and resilience to overcome hesitation.)
- 4. Can you share a time when you took a risk, and what did you learn from the experience?**
(Promotes sharing personal stories to highlight the lessons gained from taking chances.)



Boldness

When we embrace being bold and take bold actions we don't just grab opportunities, we create them. We build our courage and confidence. We don't let fears or self-doubts hold us back. We don't let setbacks defeat us

Here are four questions to explore and understand Boldness as a life skill:

- 1. What does it mean to be bold, and how can boldness help you take initiative in life?**
(Encourages participants to define boldness and its role in pursuing goals or addressing challenges.)
- 2. How can you practice boldness without being reckless or disregarding others' perspectives?**
(Prompts a discussion on balancing confidence with thoughtfulness and respect.)
- 3. What are some situations where boldness can lead to personal growth or new opportunities?**
(Highlights real-life examples, such as speaking up, taking on new responsibilities, or trying something new.)
- 4. How can developing boldness help you overcome fear or hesitation in difficult situations?**
(Focuses on using courage to face challenges and build resilience.)



Creativity

Creativity is typically centered around original thought and knowledge, which unleashes potential and is an integral part of idea generation. Innovation, on the other hand, is used to turn the creative idea that you come up with into a viable solution.

Here are four engaging questions to teach and explore Creativity as a life skill:

- 1. What does creativity mean to you, and how can it be applied beyond artistic activities?**
(Encourages participants to see creativity as a tool for problem-solving, innovation, and everyday thinking.)
- 2. How can creativity help you approach challenges or solve problems in unique ways?**
(Explores how thinking outside the box can lead to innovative solutions and new opportunities.)
- 3. What are some ways to nurture and grow your creativity in daily life?**
(Prompts a discussion on habits, environments, and practices that encourage creative thinking.)
- 4. Can you share an example of a time when you used creativity to achieve a goal or overcome an obstacle?**
(Encourages reflection on personal experiences and the impact of creative thinking.)



A learning attitude is a person's consistent behaviors and feelings that demonstrate their desire to learn and achieve their best. It's a voluntary attitude that comes from natural curiosity and motivation, and it's important for both personal and professional development

Here are four key questions to explore why being a lifelong learner is an important life skill:

- 1. Why is it important to continue learning throughout your life, even outside of formal education?**
(Encourages participants to think about personal growth, adaptability, and staying relevant in a changing world.)
- 2. How can being a lifelong learner help you adapt to new challenges and opportunities?**
(Highlights the role of continuous learning in problem-solving, career growth, and navigating life transitions.)
- 3. What are some ways you can cultivate the habit of lifelong learning in your daily routine?**
(Focuses on actionable steps like reading, exploring new skills, and seeking feedback to stay curious.)
- 4. How does the mindset of being a lifelong learner contribute to personal fulfillment and success?**
(Explores the connection between curiosity, self-improvement, and achieving long-term goals.)



Some examples of work ethics include:

- **Honesty:** Being truthful and reliable
- **Discipline:** Completing tasks on time and well
- **Responsibility:** Acknowledging mistakes and accepting consequences
- **Punctuality:** Being on time shows respect for colleagues and customers
- **Focus:** Focusing on one task at a time can

Here are four key questions to discuss why having a good work ethic is an important life skill:

- 1. What does having a good work ethic mean, and how can it impact your personal and professional success?**
(Encourages participants to define work ethic and its importance in achieving goals and building a positive reputation.)
- 2. How does demonstrating reliability and commitment to your responsibilities benefit you and others?**
(Explores how a strong work ethic fosters trust, collaboration, and opportunities for growth.)
- 3. What are some habits or behaviors that reflect a strong work ethic, and how can you develop them?**
(Focuses on practical actions like time management, accountability, and perseverance.)
- 4. How does having a good work ethic prepare you to handle challenges or setbacks effectively?**
(Highlights the role of discipline, resilience, and dedication in overcoming obstacles.)



Good communication skills are the ability to share information and ideas with others in a way that is clear, concise, and effective:

- **Expressing yourself clearly:**
Speaking clearly and concisely without misinterpretation
- **Understanding others:** Listening actively and interpreting what others say

Here are four key questions to teach why communication skills are an essential life skill:

- 1. What are the different types of communication, and how can mastering them improve your relationships and opportunities?**
(Encourages understanding verbal, nonverbal, written, and digital communication and their impact.)
- 2. Why is active listening an important part of effective communication, and how can it benefit you and others?**
(Explores the importance of truly understanding others' perspectives and fostering mutual respect.)
- 3. How can clear and confident communication help you express your thoughts, ideas, and needs effectively?**
(Discusses how communication skills build confidence and reduce misunderstandings.)
- 4. What are some challenges to effective communication, and how can you overcome them?**
(Focuses on barriers like language, emotions, or misinterpretations and strategies to address them.)



Decision-Making Skills for Successful Leaders • Identify critical factors which will affect the outcome of a decision. ... • Evaluate options accurately and establish priorities. ... • Anticipate outcomes and see logical consequences. ... • Navigate risk and uncertainty. ... • Reason well in contexts requiring quantitative analysis.

Here are four key questions to teach why decision-making is an important life skill:

- 1. Why is it important to make thoughtful decisions, and how can they impact your personal and professional life?**
(Encourages reflection on how choices shape outcomes, relationships, and opportunities.)
- 2. What steps can you take to make more informed and effective decisions, especially when faced with uncertainty?**
(Explores decision-making strategies such as gathering information, weighing pros and cons, and considering long-term effects.)
- 3. How can decision-making help you take responsibility for your actions and learn from mistakes?**
(Discusses how owning decisions leads to personal growth, accountability, and resilience.)
- 4. What are some common challenges people face when making decisions, and how can you overcome them?**
(Examines factors like fear, pressure, or emotional bias, and how to manage them in the decision-making process.)



Financial literacy is the ability to understand and use financial skills to make informed decisions about money:

• Earning: How to earn money • Budgeting: How to create and stick to a budget • Investing: How to invest money • Loans: How to borrow money and manage debt

Here are four key questions to teach why financial literacy is an important life skill:

- 1. Why is it important to understand how to manage money, and how does financial literacy affect your overall well-being?**
(Encourages reflection on how money management impacts security, stress levels, and life choices.)
- 2. What are the key components of financial literacy, such as budgeting, saving, and investing, and how can mastering them improve your financial future?**
(Explores the foundational skills that help manage and grow wealth over time.)
- 3. How can financial literacy help you make informed decisions about spending, saving, and borrowing?**
(Discusses how knowledge about interest rates, credit, and debt can lead to smarter financial choices.)
- 4. What are some common financial mistakes people make, and how can being financially literate help you avoid them?**



(Highlights pitfalls like overspending, not saving, or poor investment choices, and ways to prevent them.)

Time management

the ability to use one's time effectively or productively, especially at work. "time management is the key to efficient working"

Here are four key questions to teach why time management is an important life skill:

- 1. Why is managing your time effectively important for achieving your personal and professional goals?**
(Encourages participants to reflect on how proper time management leads to productivity, balance, and success.)
- 2. How can prioritizing tasks help you make the most of your time and reduce stress?**
(Explores how identifying important tasks and focusing on them first helps stay organized and on track.)
- 3. What are some common time-wasting habits, and how can you avoid or minimize them to become more efficient?**
(Discusses distractions like procrastination, multitasking, or poor planning, and strategies to overcome them.)
- 4. How can planning and setting goals help you stay on top of your responsibilities and make time for things that matter?**
(Focuses on how goal setting, scheduling, and breaking





tasks into manageable steps helps improve time management.)

