



Heart Matters is a heart-centred social and emotional learning programme focusing on promoting positive behaviour by assisting our children with tools and techniques.

## SELF-AWARENESS

**This is your ability to recognize your emotions, know your personal strengths and challenges.**



**This is the ability to manage your emotions,  
your behaviour and to self-regulate.**



This is the ability to show empathy for others, be able to respect others for their ideas, values and choices. To be able to understand the impact that you have on others and the world around you.

Truly understanding the meaning that we are one of many.



**This is the ability to form positive relationships, resolve conflict, handle changes, be resilient and be able to collaborate.**

