

**1.2 Copsheet.** Reflect on your use of skills to identify how and why several skills need to be used in combination to manage a situation.

**Skills in practice**

(a) Think about the use of your skills in a situation you experienced recently – one where you had to use several skills in combination. Represent each of these skills in a comic strip graphic – use words and images. State what each of these skills added to the way you managed the situation.

1.	2.
3.	4.
5.	6.

(b) Select ONE of the scenarios below. Make a mind map (or use another form of graphic organiser) to map out all of the skills the young person in the scenario would need to use to manage their own wellbeing, as well as support the wellbeing of everyone else in the situation.

1. Being sent a hurtful or rude message online or by text by someone known to you.
2. Being caught between friends who were in conflict with each other.
3. Being pressured into doing something that you didn't entirely want to do e.g. go to a party (which you do want to do) and to bring alcohol to share (which you don't want to do).
4. Or choose a situation of your own based on recent events in your school community.