

Let's Talk's Key Concepts

Tornado Zone

the state of dysregulation

Emotions

comfortable/uncomfortable messengers

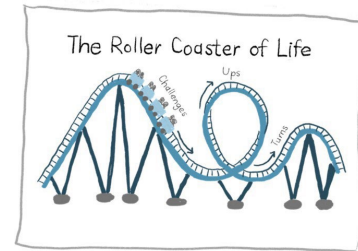
Resilience

facing life's challenges



Roller Coster of Life

ups and challenges of life



Road to Success

the steps out of the Pit of Failure

Circle of Kindness

creating a community where everyone belongs



Boundary

calm and clear statement of needs

Thought gremlin

unhelpful thought that focuses on the negative



Press Pause

stopping and thinking before acting

Gratitude

thankful for the things that we have

Dropping the mask

acting authentically

Hiding/facing mistakes

choices when we make a mistake

Value

a type of behaviour that we would like to show

Expressing Yourself

telling a trusted person how you are feeling (courage)



Collaboration

when people work together to complete a task

Active listening

giving full attention to what someone is saying

Courageous presenting

stand tall, loud and clear, pause and connect

The Arena

the place where you find the courage to have a go

