



LIFE LESSONS and SEL

BOOK 1 *Flying High: Flying on an Airplane for the Very First Time*

1. If you have something you care about, put it in a safe place. Pg. 32

Self Awareness

2. If you try at something and fail, keep trying. Don't give up. Pg. 56

Self Management

3. To overcome your fears, stop, look around, and listen. Think about what you can do. Do something if you need to. If nothing can be done, stay calm and think of something good. Pg. 158

Self Management

