

My SKILL TREE™ Action Journal

Name:

Grade:



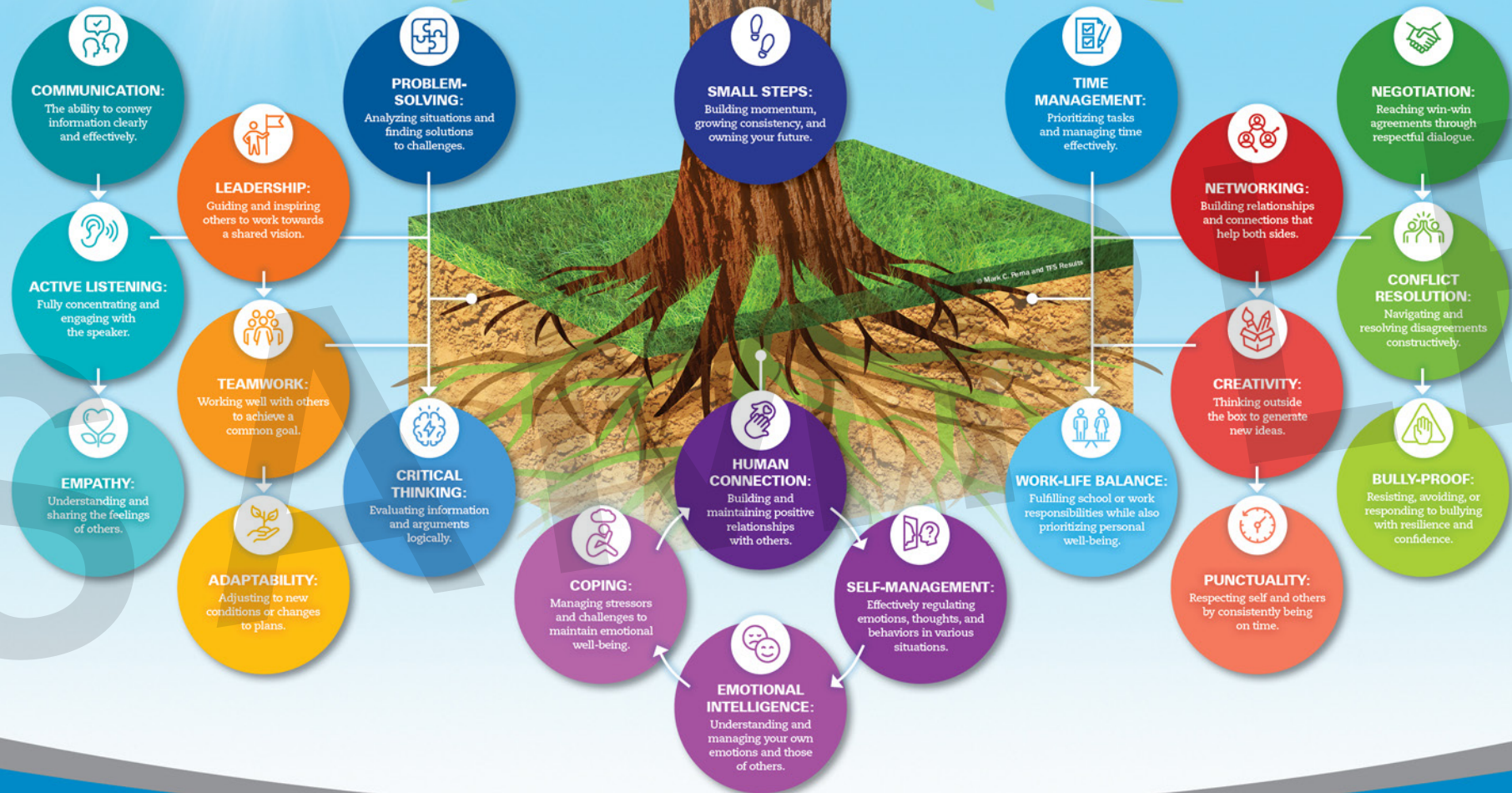
CAREER TREE®



AUTHORED BY
markCperna

GRADES
K-2

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SKILL TREE™: MY COMPETITIVE ADVANTAGE





Welcome to Your Personal Skill Tree Action Journal!

This Action Journal is **YOUR** place to record your own Skill Tree journey.
By drawing or writing, you can reflect on how far you've come.

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Inside Back Cover: Your Student Skill Chart

Track your progress!

As you get better at each skill on this tree, color it in or put a Skill Sticker on it. Fill up your Skill Tree as you build your personal competitive advantage!



1. The Magic of Small Steps | Let's Learn This Skill!

PART 1



What This Means:

Taking small steps every day helps us grow and feel proud of our progress.



3 Big Ideas:

- One small step at a time
- Keep going, even slow
- Every step helps us grow



Talk About It!

1. When have you taken a small step to do something new?
2. What small step could you try today?

THE MAGIC OF SMALL STEPS:

This skill helps us take little steps every day to grow and reach the life we imagine.



Draw About It! Can you draw yourself using this skill?

What are you doing? How do you feel?

(▲ Can you draw yourself using this skill? Use the space above.)



1. The Magic of Small Steps | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can try: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you take small steps: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

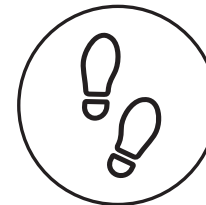
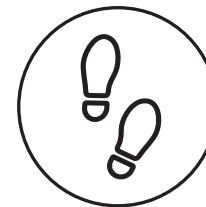
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





2. The Magic of Human Connection | Let's Learn This Skill!

PART 1



What This Means:

Human connection helps us build strong friendships and feel connected with others.



3 Big Ideas:

- Be kind and include others
- Listen and care about how people feel
- Use words to connect and help



Talk About It!

1. Who do you feel close to and why?
2. How do we show kindness and care to others?

THE MAGIC OF HUMAN CONNECTION:

This skill helps us be kind, work together, and feel close to people who care.



Draw About It! Can you draw yourself connecting with someone?

What are you doing together? How do you feel?

(▲ Can you draw yourself using this skill? Use the space above.)



2. The Magic of Human Connection | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can try to feel more connected: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you feel connected: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





3. The Magic of Self-Management | Let's Learn This Skill!

PART 1



What This Means:

Self-management helps us pause, think, and take care of what we need to do—especially when big feelings show up.



3 Big Ideas:

- Take deep breaths when you feel upset
- Pause and think before acting
- Try your best to follow through



Talk About It!

1. What helps you stay calm when you feel big feelings?
2. What's something you try to do all by yourself?

THE MAGIC OF SELF-MANAGEMENT:

This skill helps us stay calm, make good choices, and do what we need to do.



Draw About It! Can you draw yourself staying calm and making a good choice?

What happened? What did you do?

(▲ Can you draw yourself using this skill? Use the space above.)



3. The Magic of Self-Management | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can do to stay calm or on track: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you stay calm or focused: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





4. The Magic of Emotional Intelligence | Let's Learn This Skill!

PART 1



What This Means:

Emotional intelligence helps us understand our own feelings and be kind to others who have big feelings too.



3 Big Ideas:

- Feelings come and go—it's okay
- You can name what you feel
- You can help others feel better too



Talk About It!

1. What are some feelings you've had today?
2. What helps you feel better when you're upset?

THE MAGIC OF EMOTIONAL INTELLIGENCE:

This skill helps us notice our feelings, understand them, and care about how others feel too.



Draw About It! Can you draw a time when you had a big feeling?

What did you feel? What helped you?

(▲ Can you draw yourself using this skill? Use the space above.)



4. The Magic of Emotional Intelligence | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can do to notice or help with feelings: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you with your feelings: _____

(▲ Use the space above to write or draw your answer.)

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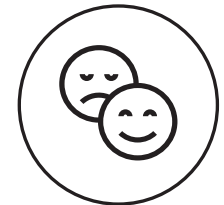
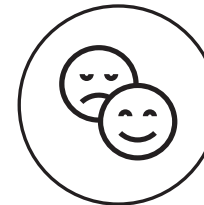
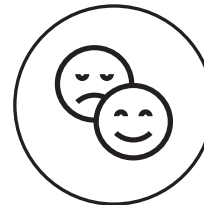
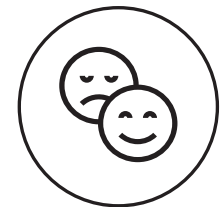
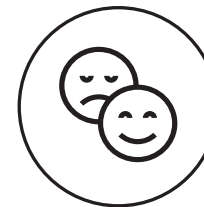
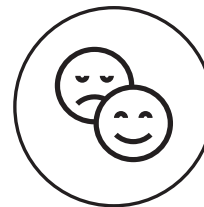
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





5. The Magic of Coping | Let's Learn This Skill!

PART 1



What This Means:

Coping helps us calm down, feel better, and keep going when something feels hard.



3 Big Ideas:

- Take deep breaths when you feel upset
- Use music, movement, or quiet time to feel better
- Talk to someone who cares



Talk About It!

1. What helps you when you feel mad, sad, or worried?
2. What does your body feel like when you need to calm down?

THE MAGIC OF COPING:

This skill helps us handle big feelings, changes, and tough moments in a healthy way.



Draw About It! Can you draw something that helps you feel better when you're upset?

What do you do? Where are you?

(▲ Can you draw yourself using this skill? Use the space above.)



5. The Magic of Coping | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can try next time I need to feel better: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you when you're having a hard day: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





6. The Magic of Communication | Let's Learn This Skill!

PART 1



What This Means:

Communication helps us use our words, faces, hands, and voices to connect with others and be understood.



3 Big Ideas:

- Use your words to say what you need
- Show kind faces and body language
- Listen as much as you talk



Talk About It!

1. When is it hard to say what you need?
2. What helps you listen to someone else?

THE MAGIC OF COMMUNICATION:

This skill helps us share our thoughts, feelings, and needs with others in kind and clear ways.



Draw About It! Can you draw a time when you talked and listened with someone?

Who were you with? What did you talk about?

(▲ Can you draw yourself using this skill? Use the space above.)



6. The Magic of Communication | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can try to share or listen better: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you share or listen: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





7. The Magic of Active Listening | Let's Learn This Skill!

PART 1



What This Means:

Active listening helps us focus, care, and show we're listening with our ears, eyes, hearts, and minds.



3 Big Ideas:

- Listen with your ears and heart
- Face the speaker when it feels respectful
- Wait and think before talking



Talk About It!

1. What helps you listen carefully to someone?
2. How do others act when they know you're listening?

THE MAGIC OF ACTIVE LISTENING:

This skill helps us listen with our whole body so others feel seen, heard, and understood.



Draw About It! Can you draw yourself listening to someone?

Who are you listening to? What are they saying?

(▲ Can you draw yourself using this skill? Use the space above.)



7. The Magic of Active Listening | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can do to be a better listener: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you become a great listener: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





8. The Magic of Empathy | Let's Learn This Skill!

PART 1



What This Means:

Empathy helps us imagine how someone else is feeling and choose to be kind and helpful.



3 Big Ideas:

- Try to feel what someone else feels
- Ask how they're doing
- Be kind, gentle, and helpful



Talk About It!

1. What does it look like when someone feels sad or left out?
2. What can you do to show kindness and care?

THE MAGIC OF EMPATHY:

This skill helps us understand how others feel and show we care with kind words and actions.



Draw About It! Can you draw a time you helped someone feel better?

What happened? How did they feel afterward?

(▲ Can you draw yourself using this skill? Use the space above.)



8. The Magic of Empathy | I Can Use This Skill!

PART 2

My Magic Step:

Here's one thing I can do to show empathy today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you care for others: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





9. The Magic of Leadership | Let's Learn This Skill!

PART 1



What This Means:

Leadership helps us set a good example, speak up with kindness, and include others when we play or work.



3 Big Ideas:

- Be a helper and include others
- Speak kindly and clearly
- Show the way with actions



Talk About It!

1. When have you been a leader before?
2. What makes a leader kind and fair?

THE MAGIC OF LEADERSHIP:

This skill helps us guide others in kind, brave, and helpful ways to reach a goal together.



Draw About It! Can you draw yourself being a leader?

What are you doing? Who are you helping?

(▲ Can you draw yourself using this skill? Use the space above.)



9. The Magic of Leadership | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can be a leader today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who teaches you how to be a good leader: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

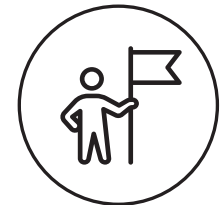
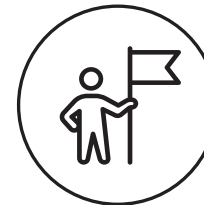
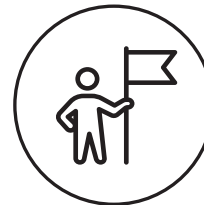
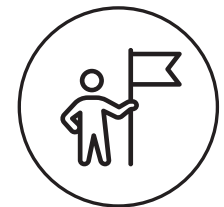
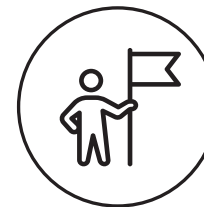
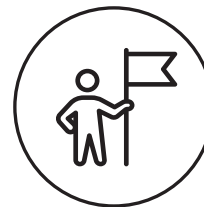
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





10. The Magic of Teamwork | Let's Learn This Skill!

PART 1



What This Means:

Teamwork helps us take turns, listen, and work together with others to reach a goal or have fun.



3 Big Ideas:

- Share and take turns
- Listen and include others
- Help the team win together



Talk About It!

1. What does teamwork look like to you?
2. What can you do when a teammate feels left out?

THE MAGIC OF TEAMWORK:

This skill helps us work and play well with others by sharing, helping, and solving problems together.



Draw About It! Can you draw yourself being part of a team?

What are you doing together? How does it feel?

(▲ Can you draw yourself using this skill? Use the space above.)



10. The Magic of Teamwork | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can be a great teammate today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone you love being on a team with: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

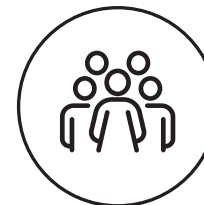
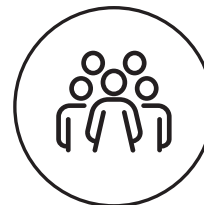
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





11. The Magic of Adaptability | Let's Learn This Skill!

PART 1



What This Means:

Adaptability helps us go with the flow, try new things, and stay okay when plans or rules change.



3 Big Ideas:

- Try again when something changes
- Stay calm and take a breath
- Learn new ways to do things



Talk About It!

1. What do you do when plans suddenly change?
2. How does your body feel when you have to try something new?

THE MAGIC OF ADAPTABILITY:

This skill helps us stay calm and flexible when things change or don't go the way we expect.



Draw About It! Can you draw a time when something changed but you kept going?

What happened? What did you do?

(▲ Can you draw yourself using this skill? Use the space above.)



11. The Magic of Adaptability | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can stay flexible today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you stay calm and flexible: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





12. The Magic of Problem-Solving | Let's Learn This Skill!

PART 1



What This Means:

Problem-solving helps us figure out what's wrong, think of ideas, and try to make things better—step by step.



3 Big Ideas:

- Stop and think before acting
- Look for what's causing the problem
- Try one small step to fix it



Talk About It!

1. What do you do when something is hard or broken?
2. Who can help you think of a good idea when you're stuck?

THE MAGIC OF PROBLEM-SOLVING:

This skill helps us stop, think, and try different ways to fix a problem or make something better.



Draw About It! Can you draw a time when you solved a problem?

What was the problem? What did you do?

(▲ Can you draw yourself using this skill? Use the space above.)



12. The Magic of Problem-Solving | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can solve a problem today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you solve problems: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

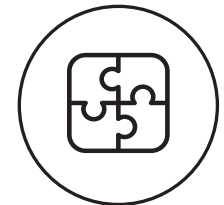
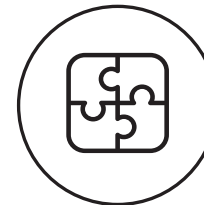
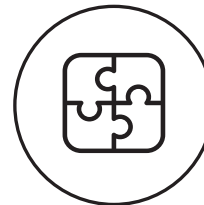
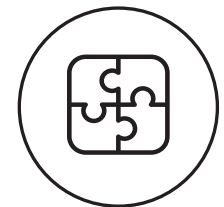
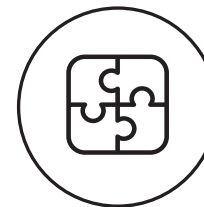
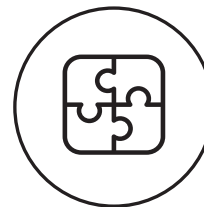
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





13. The Magic of Critical Thinking | Let's Learn This Skill!

PART 1



What This Means:

Critical thinking helps us use our brainpower to think things through, spot clues, and decide what makes the most sense.



3 Big Ideas:

- Ask questions when you're unsure
- Think before you act
- Look at all the clues before choosing



Talk About It!

1. What helps you make a smart choice?
2. When is it important to ask questions?

THE MAGIC OF CRITICAL THINKING:

This skill helps us think clearly, ask questions, and make smart choices every day.



Draw About It! Can you draw a time you used your brain to figure something out?

What did you notice? What did you decide?

(▲ Can you draw yourself using this skill? Use the space above.)



13. The Magic of Critical Thinking | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can think things through today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you think things through: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

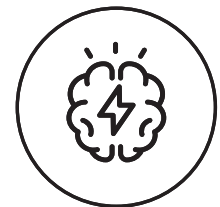
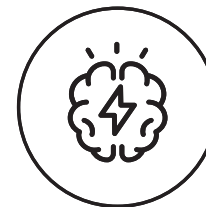
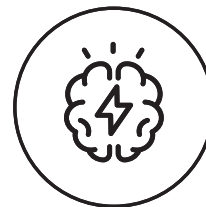
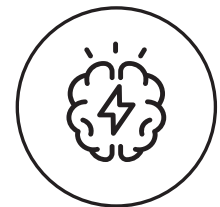
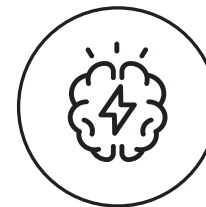
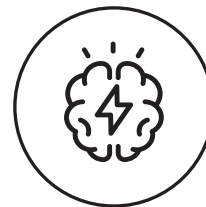
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☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





14. The Magic of Time Management | Let's Learn This Skill!

PART 1



What This Means:

Time management helps us use our time wisely by starting things on time, staying focused, and knowing when to take breaks.



3 Big Ideas:

- Start what needs to be done
- Finish one thing before the next
- Save time for fun and rest



Talk About It!

1. What helps you remember what to do first?
2. How does it feel when you finish something on time?

THE MAGIC OF TIME MANAGEMENT:

This skill helps us plan our time, finish tasks, and still have fun doing what we love.



Draw About It! Can you draw a time when you used your time well?

What did you do first? What came next?

(▲ Can you draw yourself using this skill? Use the space above.)



14. The Magic of Time Management | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can manage my time today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you stay on track: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





15. The Magic of Work-Life Balance | Let's Learn This Skill!

PART 1



What This Means:

Work-life balance helps us do the things we need to do—like chores or schoolwork—and also make space for fun, family, and quiet time.



3 Big Ideas:

- Do your work first
- Make time to play and relax
- Rest when your body needs it



Talk About It!

1. What helps you balance work and play?
2. What do you like to do when your work is done?

THE MAGIC OF WORK-LIFE BALANCE:

This skill helps us find time to work, play, rest, and take care of ourselves every day.



Draw About It! Can you draw a day with both work and play in it?

What do you do to feel proud? What helps you feel happy and rested?



(▲ Can you draw yourself using this skill? Use the space above.)



15. The Magic of Work-Life Balance | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can balance my day today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you balance work and fun: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home

☐ On a team

☐ Other: _____

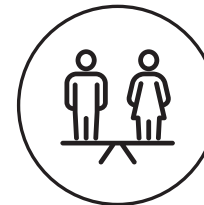
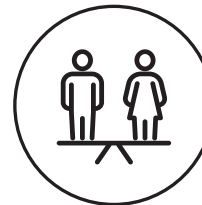
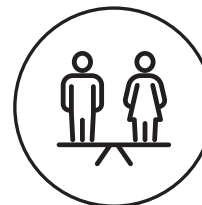
☐ At school

☐ With family

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





16. The Magic of Networking | Let's Learn This Skill!

PART 1



What This Means:

Networking helps us talk to new people, ask questions, and build friendships that help us grow and learn.



3 Big Ideas:

- Say hello and learn names
- Ask others what they know
- Build friendships that help everyone



Talk About It!

1. How do you feel when meeting someone new?
2. What do you say to start a new friendship?

THE MAGIC OF NETWORKING:

This skill helps us meet new people, make friends, and learn from others by talking, sharing, and listening.



Draw About It! Can you draw yourself meeting someone new?

What did you say? What did you learn or enjoy?

(▲ Can you draw yourself using this skill? Use the space above.)



16. The Magic of Networking | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can connect with someone new today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you meet new people: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

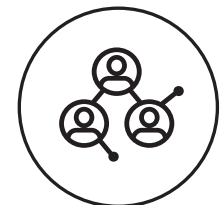
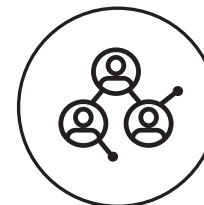
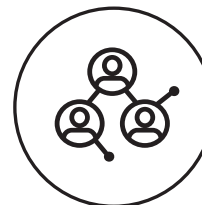
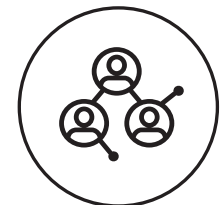
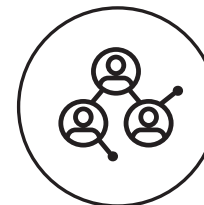
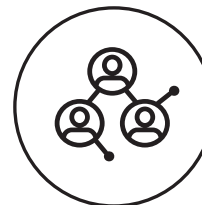
☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





17. The Magic of Creativity | Let's Learn This Skill!

PART 1



What This Means:

Creativity helps us dream up ideas, try new things, and think of fun or different ways to do something.



3 Big Ideas:

- Use your imagination
- Try new and fun ideas
- Think in your own way



Talk About It!

1. When do you feel most creative?
2. What's something fun you've imagined or made?

THE MAGIC OF CREATIVITY:

This skill helps us use our imagination to create, explore, and solve problems in fun and new ways.



Draw About It! Can you draw something you made or imagined?

Was it a picture, game, story, or invention?

(▲ Can you draw yourself using this skill? Use the space above.)



17. The Magic of Creativity | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can be creative today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who encourages your creativity: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





18. The Magic of Punctuality | Let's Learn This Skill!

PART 1



What This Means:

Punctuality helps us arrive on time, be prepared, and show others we care by being ready when they need us.



3 Big Ideas:

- Be ready when it's time
- Get what you need ahead of time
- Being on time shows you care



Talk About It!

1. How does it feel to be on time?
2. What do you do to get ready quickly?

THE MAGIC OF PUNCTUALITY:

This skill helps us be on time, ready, and respectful of other people's time.



Draw About It! Can you draw a time when you were ready and on time?

What helped you be on time?

(▲ Can you draw yourself using this skill? Use the space above.)



18. The Magic of Punctuality | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can be on time today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you be on time: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

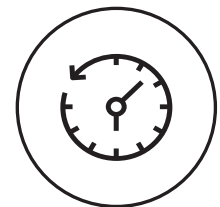
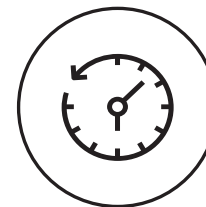
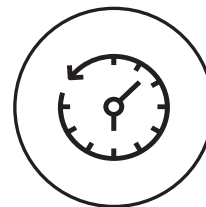
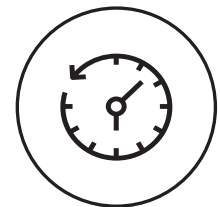
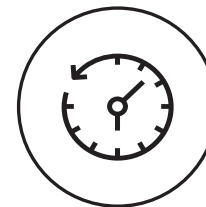
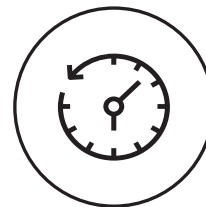
☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





19. The Magic of Negotiation | Let's Learn This Skill!

PART 1



What This Means:

Negotiation helps us share our ideas, listen to others, and come up with a plan that works for everyone.



3 Big Ideas:

- Use kind words to share what you want
- Listen to what others need
- Find a way to be fair together



Talk About It!

1. What helps you stay calm when solving a disagreement?
2. How do you know when something is fair?

THE MAGIC OF NEGOTIATION:

This skill helps us talk, listen, and work together to find a fair solution when we want different things.



Draw About It! Can you draw a time you and someone else figured out a fair plan?

What did each person want? How did you solve it?

(▲ Can you draw yourself using this skill? Use the space above.)



19. The Magic of Negotiation | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can work out a fair plan today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you solve disagreements: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





20. The Magic of Conflict Resolution | Let's Learn This Skill!

PART 1



What This Means:

Conflict resolution helps us take a deep breath, listen, talk it out, and make peace when someone is upset or things go wrong.



3 Big Ideas:

- Take a breath before reacting
- Use calm words to explain how you feel
- Find a way to fix the problem together



Talk About It!

1. What can you do if someone makes you upset?
2. How do you help someone else feel better after a problem?



Draw About It! Can you draw a time when you worked out a problem with someone?

What happened? What helped make it better?

THE MAGIC OF CONFLICT RESOLUTION:

This skill helps us stay calm, solve problems with others, and fix hurt feelings.

(▲ Can you draw yourself using this skill? Use the space above.)



20. The Magic of Conflict Resolution | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can solve a conflict kindly today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you solve problems with others: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

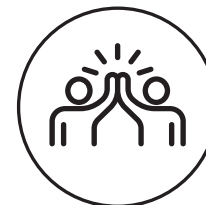
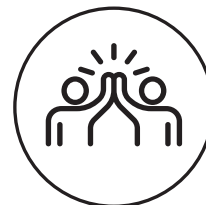
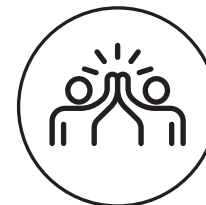
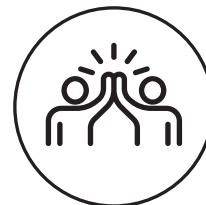
☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:





21. The Magic of Being Bully-Proof | Let's Learn This Skill!

PART 1



What This Means:

Being bully-proof helps us know what to do if someone is being mean, hurtful, or unfair. We can stay calm, speak up, and ask a trusted adult for help.



3 Big Ideas:

- Say "Stop" with confidence
- Walk away if someone is being unkind
- Tell a grown-up who can help



Talk About It!

1. What can you say if someone is being unkind?
2. Who is a safe grown-up you can talk to?

THE MAGIC OF BEING BULLY-PROOF:

This skill helps us stay strong, speak up, and get help if someone is unkind or unfair.



Draw About It! Can you draw a time when you stayed brave or helped someone else?

What happened? Who did you tell?

(▲ Can you draw yourself using this skill? Use the space above.)



21. The Magic of Being Bully-Proof | I Can Use This Skill!

PART 2

My Magic Step:

Here's one way I can stay strong or help someone today: _____

(▲ Use the space above to write or draw your answer.)

Someone Who Helps Me:

Draw or write someone who helps you feel safe and strong: _____

(▲ Use the space above to write or draw your answer.)

Where I Can Use It:

☐ At home ☐ On a team ☐ Other: _____

☐ At school ☐ With family _____

(▲ Use the space above to write or draw your answer.)

Celebrate Your Skill!

Color one icon each time you use this skill:



Notes:

SAMPLE

Notes:

SAMPLE

Notes:

SAMPLE

Notes:

SAMPLE



REFLECTION:

You did it, you completed the journal! Now show what you have learned with your own picture or words.

SAMPLE





PROJECTION:

Going into next year, how will you use your new skills? Draw or write your thoughts.

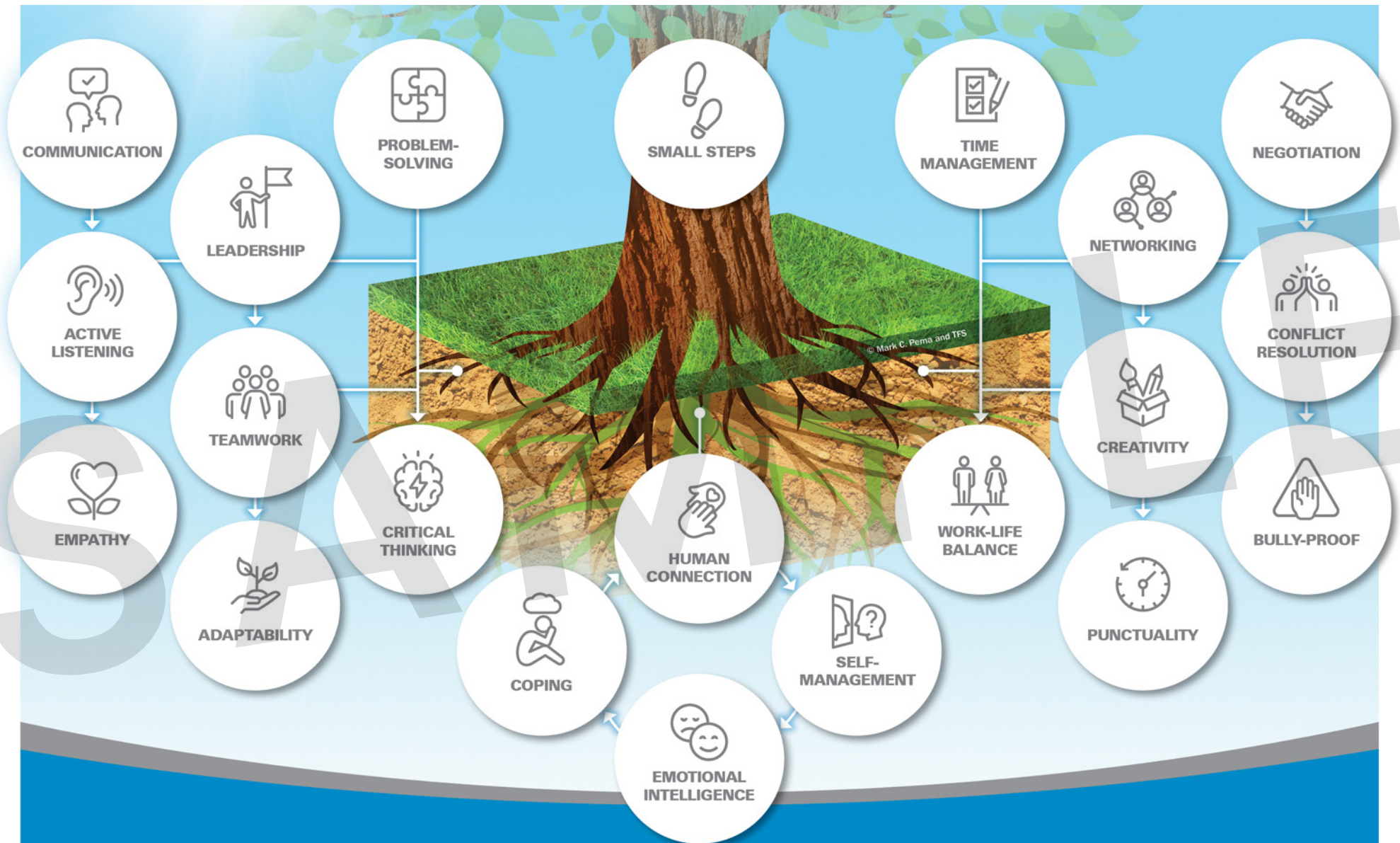
SAMPLE



SAMPLE

Campus administrators may purchase additional **Skill Tree™** materials
by contacting Kristy.warrell@tfsresults.com.

Track your progress! As you get better at each skill on this tree, color it in or put a Skill Sticker on it. Fill up your Skill Tree as you build your personal competitive advantage!



SKILL TREE™: MY COMPETITIVE ADVANTAGE



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