














Incubated out of **Hi** Harvard innovation labs

OVERVIEW OF 52 ESSENTIAL CARDS

	Preschool Kinder	Elementary School	Middle Jr. High	High School	College CTE	Adulthood Workplace
SOCIAL SKILLS 	School Readiness					
LIFE SKILLS 	Practice Independence, Self-Sufficiency					
INCLUSION SKILLS 	Build Kindness, Compassion, Respect & Belonging					Allyship & Advocacy
SOCIAL SITUATIONS 	Character & Confidence					
CONVERSATION SKILLS 	Integrate Social Emotional Learning Competencies					
GRATITUDE ATTITUDE 	Gratitude Journaling, Expression, and Affirmation					
RELATIONSHIP SKILLS 	Emotional Intelligence Training, Build Trust & Connection					
SOCIAL DILEMMAS 	Responsible Maturity					
COPING SKILLS 	Exercises for Stress & Anxiety Management					
INTERVIEW SKILLS 	Prepare for Private School, College, Job Interviews					
CRITICAL THINKING 	Uncover Cognitive Biases					

Website



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