

**COPS**

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# CONFIDENT

Do your best

# CONFIDENT

Remember:  
No-one is perfect

# CONFIDENT

Think positive things eg,  
I can learn to do this

# CONFIDENT

Believe in yourself  
Accept yourself

# CONFIDENT

Remember:  
Making mistakes helps us learn

# CONFIDENT

Be assertive  
Speak up – look others in  
the eye

# ORGANISED

Put things away where  
they belong

# ORGANISED

Make a plan  
Break big tasks into bits

**ORGANISED**

Write things down

**ORGANISED**

Set goals

**ORGANISED**

Use time carefully

**ORGANISED**

Make sure you understand  
what to do – ask

**PERSISTENT**

Don't give up  
Ask for help

**PERSISTENT**

Try again  
Reward yourself for trying

**PERSISTENT**

Ignore distractions  
Even if they are your friends

**PERSISTENT**

Visualise your goals

# PERSISTENT

Stay cool under pressure

# PERSISTENT

Give 100% effort  
Work hard

# SOCIAL SKILLS

See the other point of view  
Respect others

# SOCIAL SKILLS

Play by the rules

# SOCIAL SKILLS

Resolve conflict peacefully  
Say sorry

# SOCIAL SKILLS

Laugh and have fun

# SOCIAL SKILLS

Decide what is the  
right thing to do

# SOCIAL SKILLS

Have a support network  
of friends and family