

Name: _____

Date: _____

Match Up1

Assertiveness Caring deeply about something or someone. It is deciding carefully what you want to do, then giving it 100%, holding nothing back

Caring Giving love and attention to people and things that matter to you.
Means being positive and confident. You are aware that you are a worthy person with your own special gifts

Cleanliness Understanding and caring when someone is hurt or troubled, even if you don't know them. It is wanting to help, even if all you can do is listen and say kind words

Commitment Washing often, keeping your body clean, and wearing clean clothes. It is putting into your body and your mind only the things that keep you healthy.

Compassion