

# Contents

<b>Introduction</b> .....	4
What's Included .....	4
Accompanying Group Documents .....	5
<b>Introductory Group Session</b> .....	7
<b>Chapter 1: Kindness</b> .....	8
<b>Chapter 2: Patience</b> .....	14
<b>Chapter 3: Respect</b> .....	21
<b>Chapter 4: Gratitude</b> .....	27
<b>Chapter 5: Responsibility</b> .....	33
<b>Chapter 6: Honesty</b> .....	40
<b>Chapter 7: Friendship</b> .....	47
<b>Chapter 8: Compassion</b> .....	53
<b>Chapter 9: Forgiveness</b> .....	59
<b>Chapter 10: Perseverance</b> .....	65
<b>Final Group Session</b> .....	72
<b>Downloadable Resources</b> .....	72
<b>Small Group Action Plan Guide</b> .....	73
<b>Life Skills Group Permission Form</b> .....	74
<b>Life Skills Group Expectations</b> .....	75
<b>Group Attendance Form</b> .....	76
<b>Group Attendance Form (Example)</b> .....	77
<b>Pre- and Post-Group Survey</b> .....	78
<b>Post-Group Survey Results</b> .....	79
<b>Post-Group Survey Results (Example)</b> .....	80
<b>Certificate of Completion</b> .....	81
<b>Life Skills Group Completion Letter</b> .....	82
<b>References</b> .....	83
<b>About the Author</b> .....	83
<b>About NCYI</b> .....	84