

SAMPLE

ACTIVITY TO PRINT

AARMA Matching Cards

SAMPLE



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Accountability

Motivation

"I notice"

Regulation

"I own"

OWN

Accepting responsibility for your actions, regardless of the outcome.

NOTICE

Being aware of your feelings and the feelings of others around you.

MOTIVATION

The drive that encourages you to achieve goals and complete tasks.

ACCOUNTABILITY

Taking responsibility for your actions and their consequences.

REGULATION

Controlling your emotional responses to act more thoughtfully.

"I focus"

Awareness

"I control"

Acceptance

"I respect"

RESPECT

Valuing others by understanding and considering their feelings and thoughts.

ACCEPTANCE

Embracing yourself and others for who you are, including circumstances beyond your control.

CONTROL

Managing your actions and reactions in various situations.

FOCUS

Directing your attention and effort towards specific goals.

AWARENESS

Recognising both your internal and external states and surroundings.