

Wyoming

Mental & Emotional Well-Being THRIVE Framework



TH

THINK THROUGH DECISIONS

Develop problem-solving skills, critical thinking, and responsible decision-making.

- Critical Thinking
- Problem Solving
- Executive Function

- Responsibility
- Choices & Consequences

R

RESPECT FOR OTHERS

Fostering empathy, understanding diversity, and building social awareness.

- Empathy
- Strengths of Others
- Power of Words

- Respect for Others
- Perspective Taking

I

INSPIRE ACTION

Developing leadership, communication, and goal-setting skills.

- Leadership
- Communication
- Goal Setting
- Making a Difference

- Digital Citizenship
- Civic Roles
- Motivation
- Lifelong Learning

V

VALUE RELATIONSHIPS

Practicing teamwork, collaboration, and healthy relationship management.

- Collaboration
- Respecting Personal Space
- Kindness & Friendship
- Active Listening

- Conflict Resolution
- Feedback
- Bully Prevention
- Connection

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E

ELEVATE ONESELF

Nurturing self-awareness, personal growth, and emotional self-regulation

- Self-Efficacy
- Maslow's Pyramid
- Well-Being
- Physical Safety
- Psychological Safety
- Self Awareness
- Celebrating My Strengths
- Nutrition
- Exercise
- Self-Care & Hygiene
- Mind & Body Drug Free
- Emotional Awareness
- Emotional Regulation
- Happiness

- Gratitude
- Embracing Change
- Navigating Uncertainty
- Positive Peer Impact
- Personal Excellence
- Self-Compassion
- Managing Stress
- Coping Strategies
- Growth Mindset
- Resilience & Perseverance
- Character Traits
- Honesty & Integrity
- Courage