



RAD

Activity 10

Lesson 10 was a chance to review. What ideas and concepts have you learned, and most importantly what skills? Then, how do you think you might what you learned in RAD in your future? How might RAD help you?

A large, bold, yellow letter 'R' with a blue outline. It is surrounded by colorful shapes: a yellow lightning bolt, a green curved line, a blue triangle, and an orange arrow. Below the 'R' is a yellow arrow pointing right with the text 'RECOGNIZE.' written inside it.	A large, bold, yellow letter 'A' with a blue outline. It is surrounded by colorful shapes: a yellow lightning bolt, a green curved line, a blue triangle, and an orange arrow. Below the 'A' is a yellow arrow pointing right with the text 'ACCEPT' written inside it.	A large, bold, yellow letter 'D' with a blue outline. It is surrounded by colorful shapes: a yellow lightning bolt, a green curved line, a blue triangle, and an orange arrow. Below the 'D' is a yellow arrow pointing right with the text 'DO WHAT'S IMPORTANT.' written inside it.
Ideas and Concepts		
Skills		



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Rad skills: Recognizing Thoughts Feelings and Behaviours, Labelling Feelings and Thoughts as Comfortable and Uncomfortable, Using Accepting strategies, Identifying Values, Identifying RAD and notRAD moves, Identifying RoAD Blocks, Using Taking Notice: Looking In and Taking Notice: Looking Around

How I can use RAD in the future,

How RAD might help me.