

SYKE

Syventävä keskustelu

In-depth Conversation

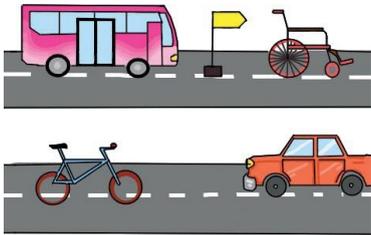
studying



job



transport



family relations



friendships



finances



sleep and rest



eating



exercise



substances



chores



running errands



phone and social media



time management



gaming



agreements and rules

säännöt
1. pese kätesi
2. ota muut huomioon
3. muista pienet hyvät teot



flow of information



problem situations



holiday



the past

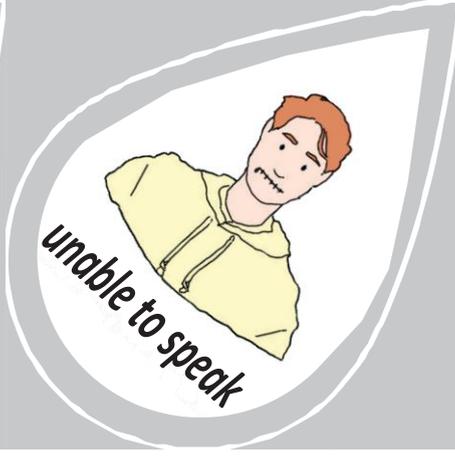
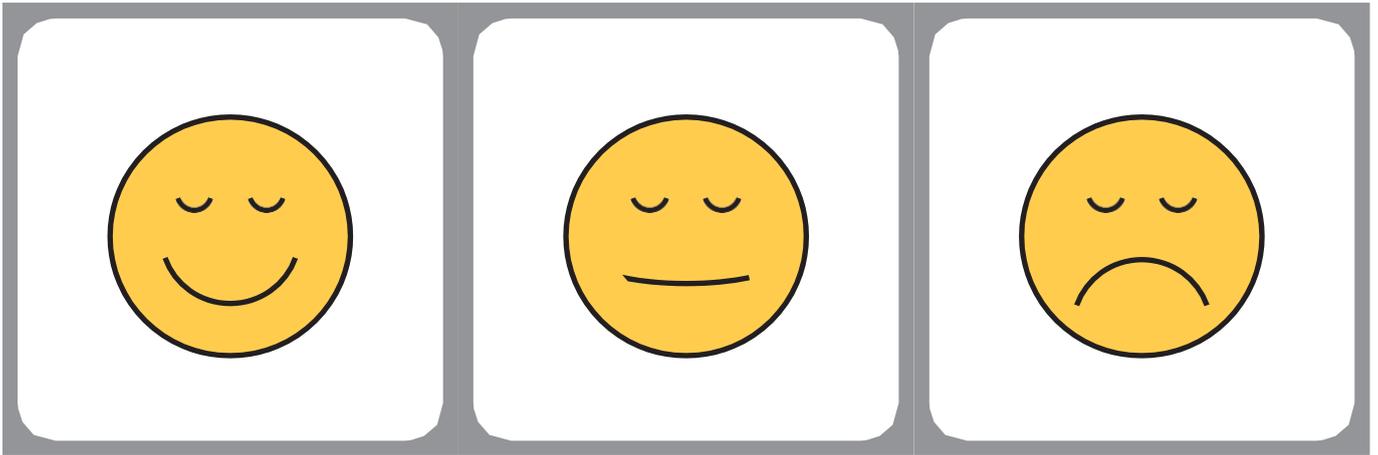


the future



taking care of yourself







<i>conversation</i>	<i>behaviour</i>	<i>becoming acquainted</i>
<i>participation</i>	<i>relationship and dating</i>	<i>expressing emotions</i>
<i>expressing needs</i>	<i>being heard</i>	<i>feedback</i>
<i>roles</i>	<i>cooperation</i>	<i>belonging to a group</i>
<i>respect</i>	<i>support network</i>	

<i>own appearance</i>	<i>own body</i>	<i>physical well-being</i>
<i>mental well-being</i>	<i>controlling emotions</i>	<i>senses</i>
<i>gender identity</i>	<i>sexuality</i>	<i>puberty</i>
<i>self-esteem</i>	<i>motivation</i>	<i>concentration</i>
<i>creativity</i>	<i>ability to cope</i>	<i>relaxation</i>
<i>changes and transitions</i>		

<i>visual arts</i>	<i>music</i>	<i>crafts and handicraft</i>
<i>sports</i>	<i>gaming</i>	<i>reading and writing</i>
<i>animals</i>	<i>technology and building</i>	<i>nature</i>
<i>travel</i>	<i>hanging out</i>	<i>films and theatre</i>
<i>ideology and religion</i>	<i>organizational activities</i>	<i>culture</i>

 <p><i>sickness</i></p>	 <p><i>death</i></p>	 <p><i>unemployment</i></p>	 <p><i>divorce</i></p>
 <p><i>environment</i></p>	 <p><i>sexual harassment</i></p>	 <p><i>bullying and discrimination</i></p>	 <p><i>conflict</i></p>
 <p><i>violence</i></p>	 <p><i>eating</i></p>	 <p><i>self-harming</i></p>	 <p><i>addiction</i></p>
 <p><i>threat</i></p>	 <p><i>power and freedom</i></p>		
 <p><i>Wow!</i></p>	 <p><i>You can do it!</i></p>	 <p><i>More of this!</i></p>	 <p><i>Awesome!</i></p>