



LISTEN FIRST PRESENTS

SUPER SKILLS

TAKE CARE

Handy stops taking care of herself when she gets a bad grade with big red Xs all over the paper. But her friends in Skilltown “smell” trouble, “hear” Handy crying, and “see” that she needs help. So the team flies into action to help her. Stay clean, eat healthy, sleep, exercise, and - change can happen!

GROW YOUR SUPER SKILLS!

STARRING



AND FEATURING Accepting Oneself, Self-Awareness, Self-Management, Self-Care, Mindfulness, Optimism, Healthy Routines, Stress Management and - Real Children Worldwide!

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Super Skills promotes social and emotional learning as a foundation for science based substance use prevention.

Filmed in Skilltown 3D - the magical place where anything can happen and every young person can learn what really matters!

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FIRST**

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United Nations Office on Drugs and Crime