

Little Cycle Breakers

The 8 Petals

Eight life skills. One child in full bloom.



1

Self-worth and identity

2

Boundaries and autonomy

3

Emotional awareness and regulation

4

Empathy and healthy relationships

5

Conflict, accountability, and repair

6

Growth and resilience

7

Trust, connection, and vulnerability

8

Integrity and personal responsibility

Where little hearts learn to bloom.