
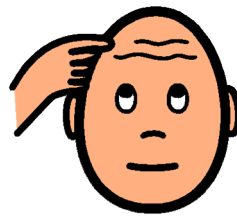

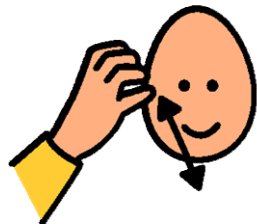



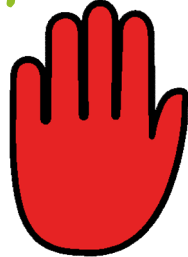
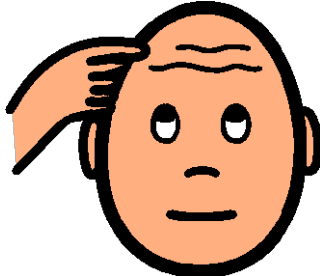
Accepting Consequences

Steps

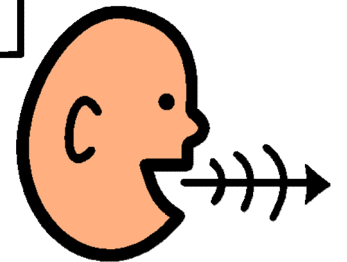
1. Stop and think  
2. Decide if you're wrong 
3. Say "yes I did it, I'm sorry" 
4. Follow the direction 

Accepting No

Steps

1. Stop and think  

2. Choose to do something
else or ask to talk



3. Do it 

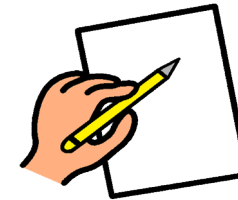
Asking a Favour

Steps

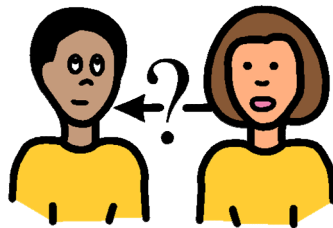
1. What do you want?



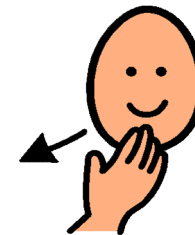
2. Plan what to say



3. Ask



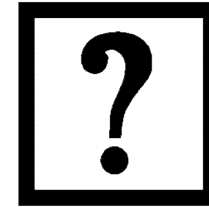
4. Say "thank you"



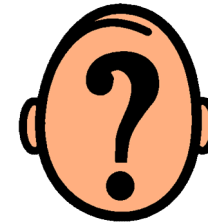
Asking a Question

Steps

1. What to ask?



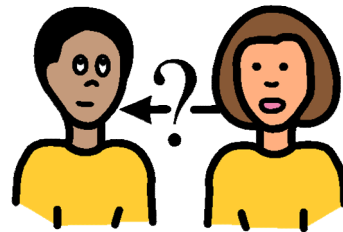
2. Who to ask?



3. When to ask?



4. Ask?



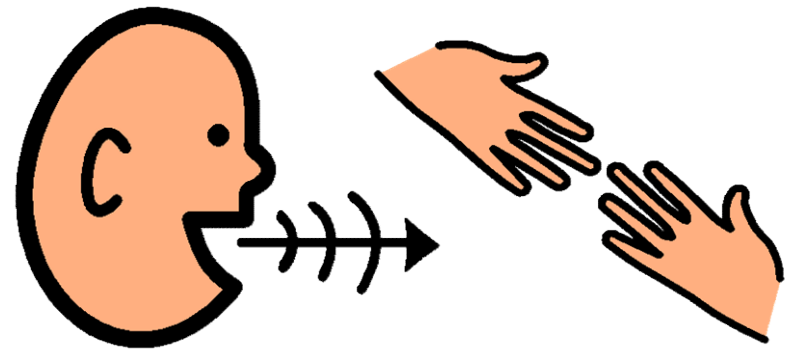
Asking for Help

Steps

1. Try it

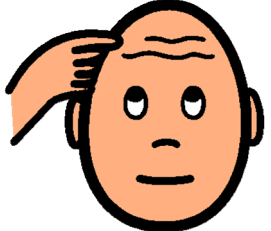


2. Say "I need help"



Asking Someone to Play

Steps

1. Decide if you want to 

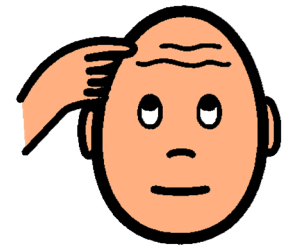
2. Decide who 

3. Ask 

Asking to Talk

Steps

1. Decide if you need to talk



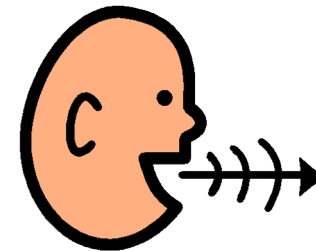
2. Who?



3. When?



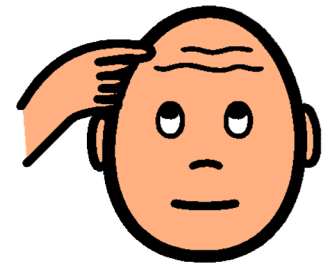
4. Say "I need to talk"



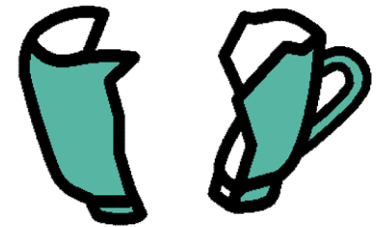
Being Honest

Steps

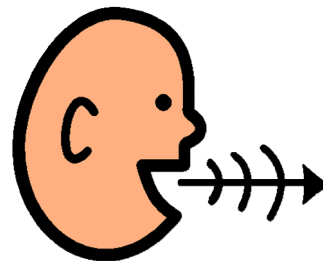
1. Think of what can happen



2. Decide to tell the truth




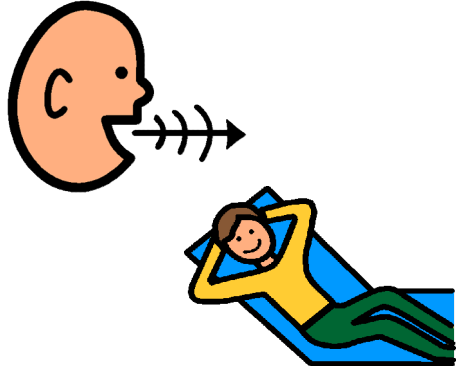
3. Say "I did it"




Dealing with Fear

Steps


1. What? 

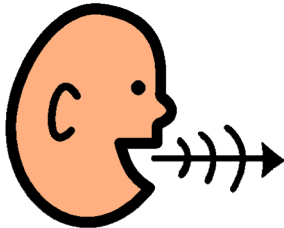

2. Choose to talk or relax 

3. Do it 

Dealing with Feeling Angry

Steps

1. Stop and think  

2. Choose to talk or
relax  

3. Do it 

Dealing with Losing

Steps

1. Say "not everybody can win"



2. Say "maybe I'll win next time"



3. Do something else



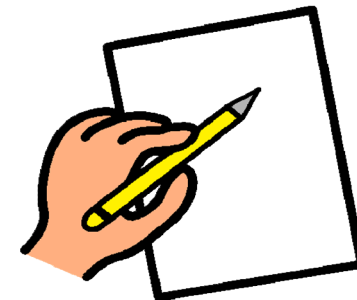
Dealing with Mistakes

Steps

1. Say “its ok to make mistakes. Everybody makes mistakes”



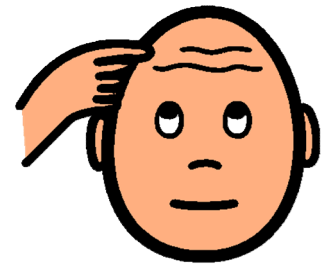
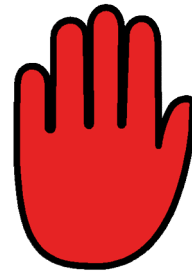
2. Plan for next time



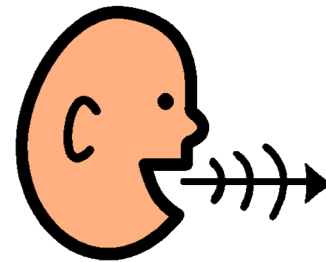
Dealing with Teasing

Steps

1. Stop and think



2. Say "please stop"



3. Walk away



Deciding How Someone Feels

Steps

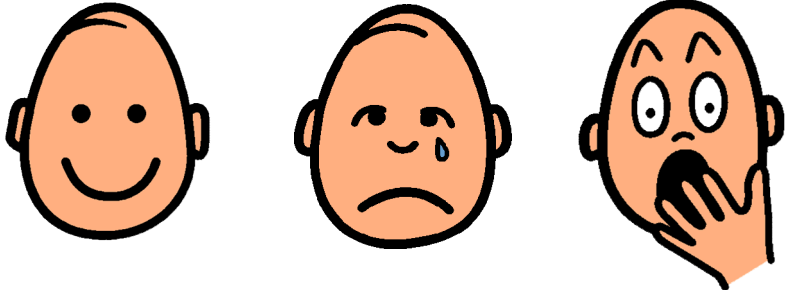
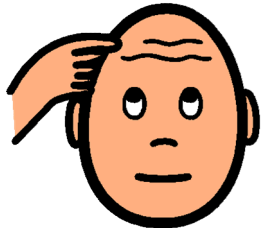

1. Watch the person 

2. Name the feeling 

3. Ask 

Deciding if it's Fair

Steps


1. Think about how the other person feels 
2. Think about what you can do 
3. Do it 

Deciding What to Do

Steps

1. Think about what you like 
to do

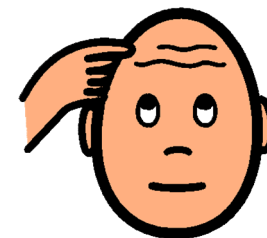
2. Decide on one thing  

3. Do it 

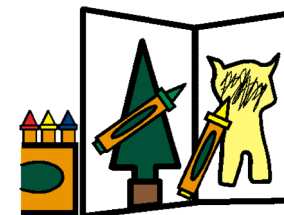
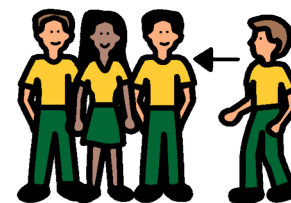
Feeling Left Out

Steps

1. Decide what happened



2. Choose to join in or
do something else

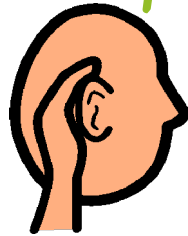


3. Do it **GO!**

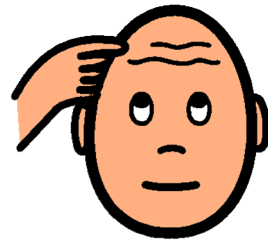
Following Directions

Steps

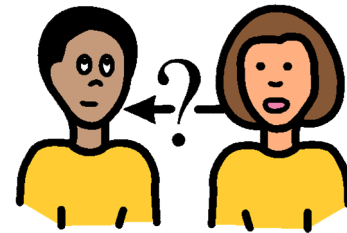
1. Listen



2. Think



3. Ask if needed



4. Do it



Greeting Others

Steps

1. Smile 

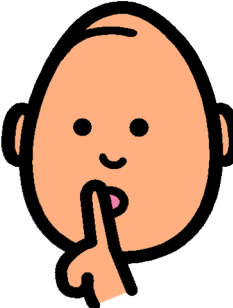
2. Say "hello" 

3. Walk on 

Ignoring Steps

1. Look away ← 

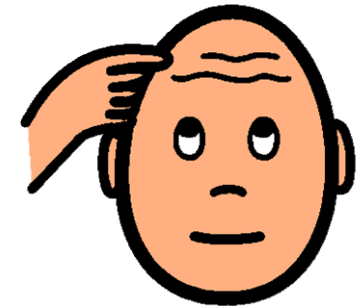
2. Close your ears 

3. Be quiet 

Interrupting

Steps

1. Decide if you need to



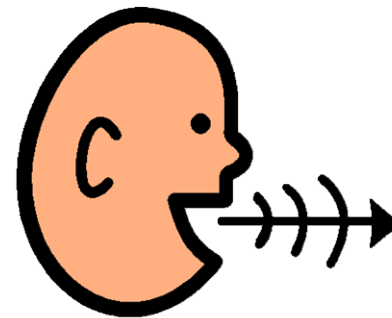
2. Walk to the person



3. Wait



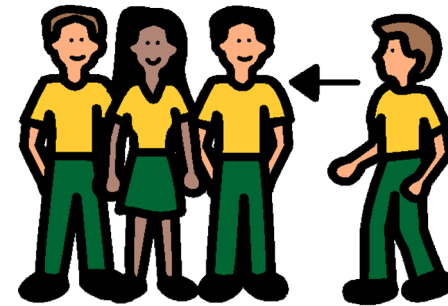
4. Say "excuse me"



Joining In

Steps

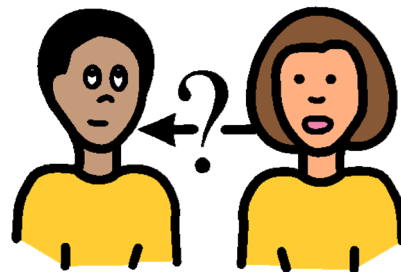
1. Move closer



2. Look



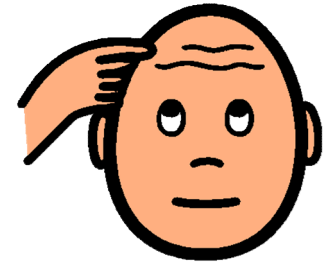
3. Ask



Knowing When to Tell

Steps

1. Decide if someone will
get hurt



2. Who should you tell?



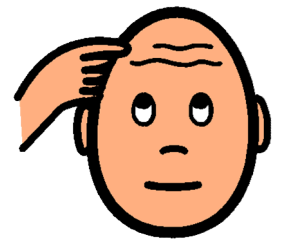
3. Do it



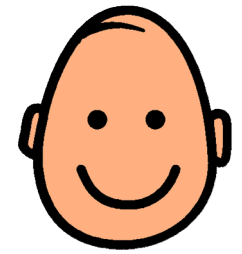
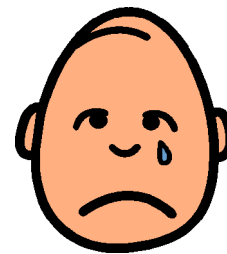
Knowing Your Feelings

Steps

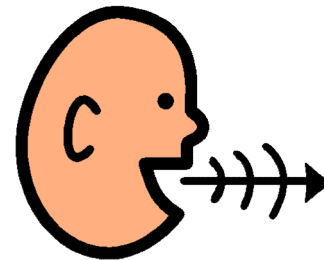
1. Think about what happened



2. Decide on the feeling



3. Say "I feel _____"

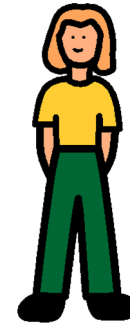


Listening

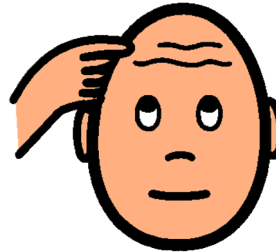
Steps

1. Look 

2. Hands down



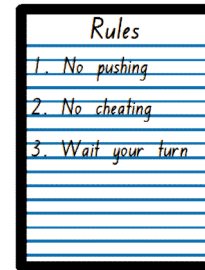
3. Think



Playing a Game

Steps

1. Know the rules



2. Who goes first?



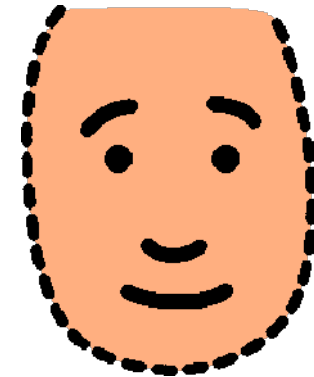
3. Wait for a turn



Reading Others

Steps

1. Look at the face



2. Look at the body



Relaxing

Steps

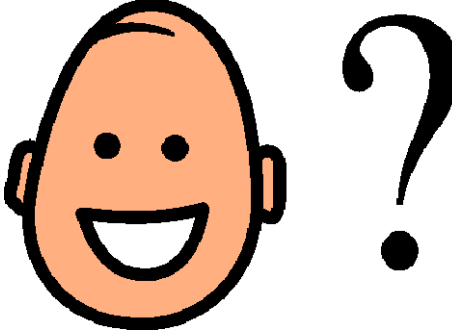
1. Think about how you feel  

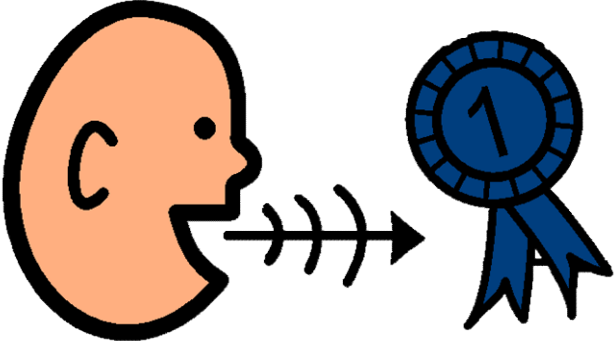
2. Take three deep breaths 

3. Squeeze the ball 

Rewarding Yourself

Steps

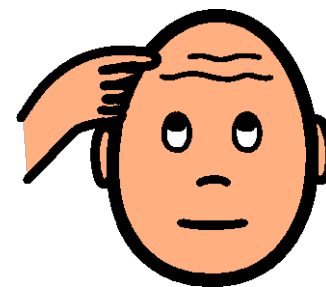
1. How did you do? 

2. Say "good for me!" 

Saying No

Steps

1. Decide if you want to do it



2. If not, why not?



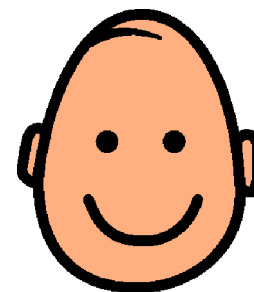
3. Say "no"



Saying Thank You

Steps

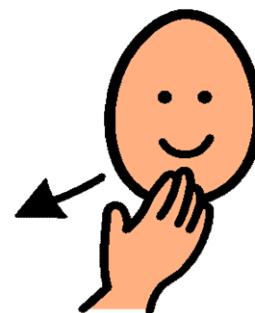
1. Was it nice to do?



2. When?



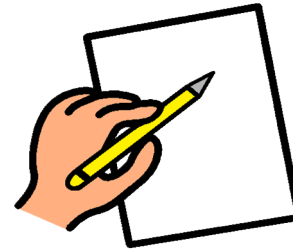
3. Say "thank you"



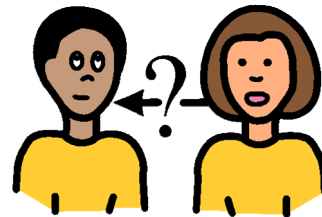
Sharing

Steps

1. Make a plan



2. Ask



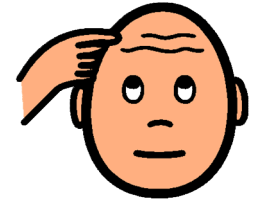
3. Do it



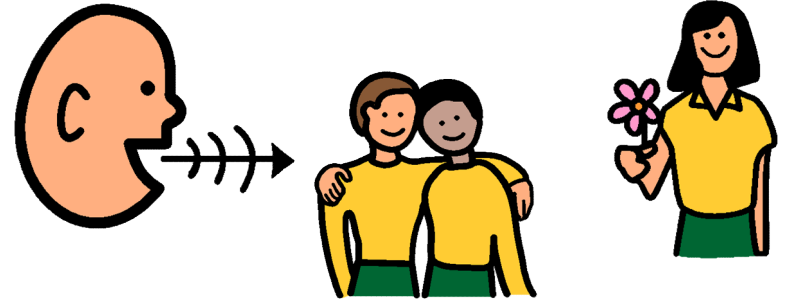
Showing Affection

Steps

1. Decide if you have nice feelings



2. Choose to say it, hug
or do something nice



3. When?



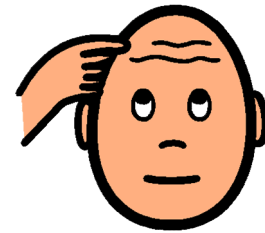
4. Do it



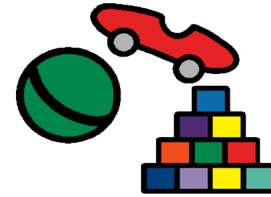
Solving a Problem

Steps

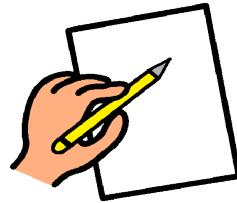
1. Decide on the problem



2. Think of choices



3. Make a plan



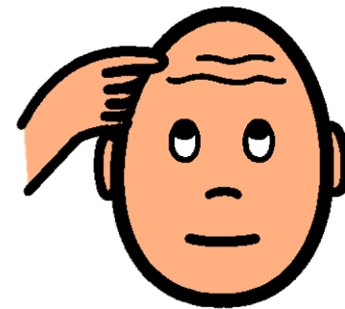
4. Do it



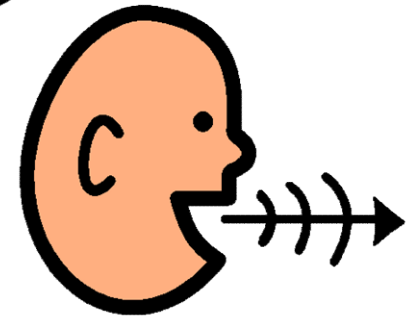
Trying When It's Hard

Steps

1. Stop and think



2. Say "its hard but I'll try"



3. Try



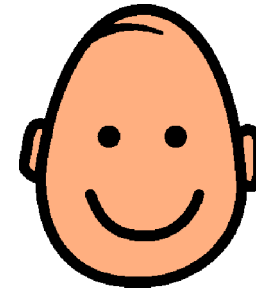
Using Brave Talk

Steps

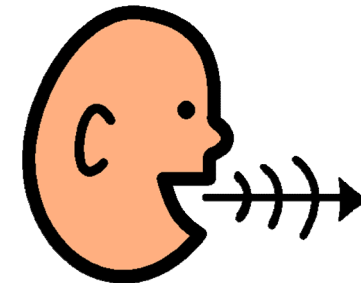
1. When?



2. Use a brave look



3. Use a brave voice



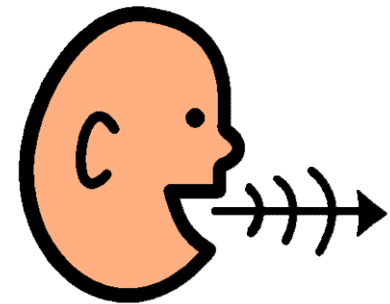
Using Nice Talk

Steps

1. Use a friendly look



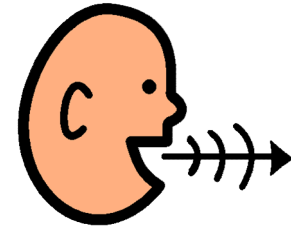
2. Use a friendly voice



Waiting Your Turn

Steps

1. Say "it's hard to wait, but I
can do it"



2. Choose to wait quietly or do
something else



3. Do it 

Wanting to be First

Steps

1. Say "not everybody can be first"



2. Say "it's ok not to be first"



3. Stick with it

