



Getting Things Wrong

I don't like getting things wrong. People think that I am not trying my best, but I am. Sometimes things are hard. That's okay. I can try my best, but still not get it correct all the time. No big deal.

Sometimes I get a '1' or a '2' or a '3' and that means that I have to redo the exercise. I don't like to redo the exercise because I already tried my best. Stephen and Tracy know that I am very smart and tried my best.



Sometimes even when I try my best, things are still hard. That's not my fault. It means that the program is very hard.

**WAY
TOO HARD**

Instead of getting mad and having a tantrum, I can:

- Say, **"I need a break"**
- Go calmly and quickly to the couch
- Take some deep breaths
- Tell myself that I am very smart and I am a good boy



It's okay that I didn't get a '4' or a '5'. I can't be perfect all the time. Sometimes things are just too hard.

Tomorrow, I will redo the exercise and maybe learn a little bit more. If I still get a '1' or a '2' or a '3' it means that I really did try, but the exercise is too hard. **It's not my fault.** The program might be too hard.

Maybe:

- I can ask for help
- Stephen or Tracy can help me
- We can skip the exercise if I've already done it twice

A photograph showing a hand holding a black pen, writing the words "Please, help me!" in a cursive, handwritten style on a white surface. The text is written in two lines: "Please," on the top line and "help me!" on the bottom line. The hand is visible on the right side of the image, holding the pen.

Remember: No one will be mad at me. I tried my best even though I only got a '1' or '2' or '3'.