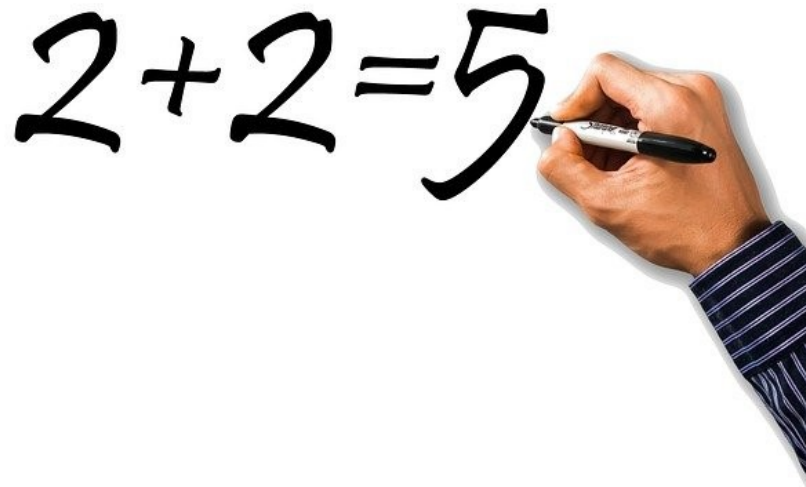
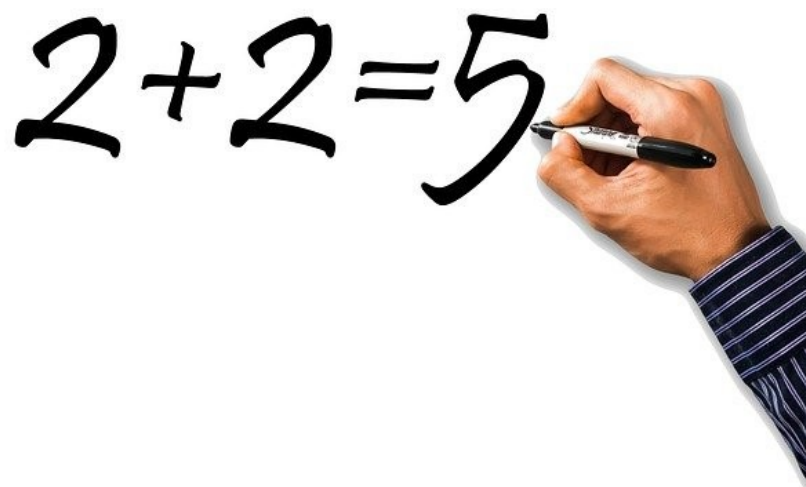


It's Okay to Make Mistakes



It's Okay to Make Mistakes



When I make a mistake, I might feel sad,
angry or frustrated.



I might be in the blue, red, or yellow zones.

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angry or frustrated.



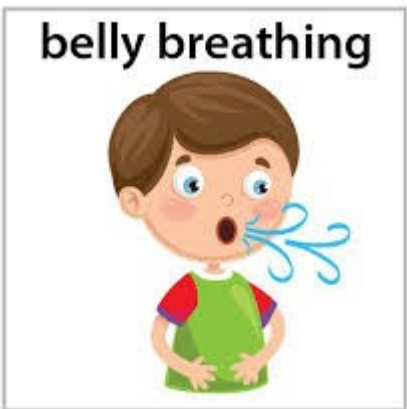
I might be in the blue, red, or yellow zones.

When I feel this way, I can use a tool to help me feel better.



<p>My Calming Strategies</p>	<p>Choose a squishy ball. Squeeze it 10 times.</p>  
<p>Count to 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10</p>	<p>Think about something that makes you SMILE.</p> 

When I feel this way, I can use a tool to help me feel better.



<p>My Calming Strategies</p>	<p>Choose a squishy ball. Squeeze it 10 times.</p>  
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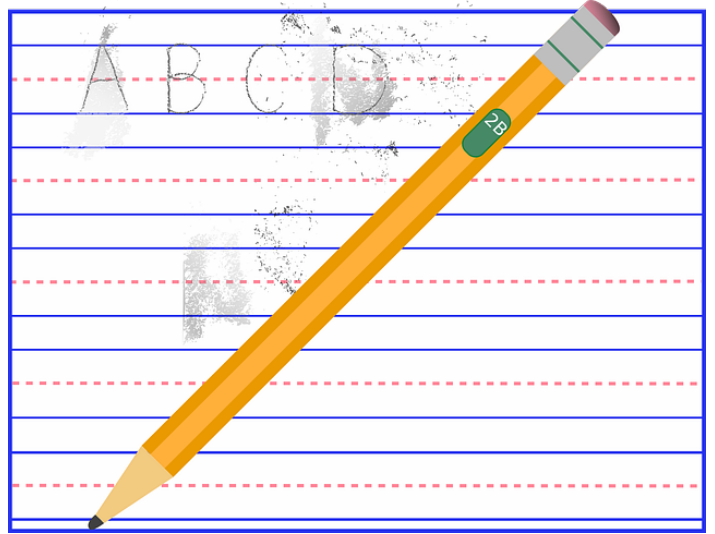
I can also ask to take a break or a short walk.



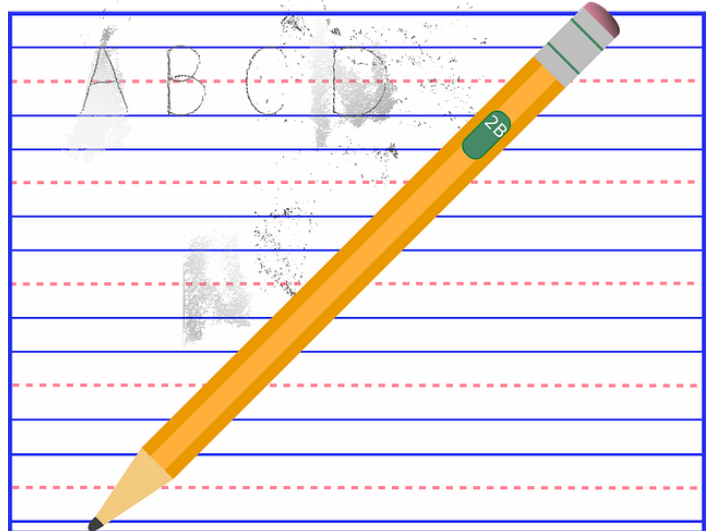
I can also ask to take a break or a short walk.



When I feel better, I can correct my mistake or ask for help.



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I remind myself that everyone makes mistakes. It's okay to make mistakes.



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