

WHEN I NEED HELP



If I don't understand I can...



Reread the instructions



Quietly ask a friend for help



Ask the teacher for help

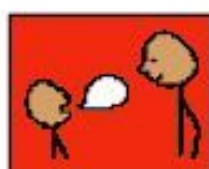
If I'm frustrated or stressed...



I can walk away or ignore



I can ask for a break



I can find an adult to ask for help