

My Goal:

Stay calm when others say things that bother me.



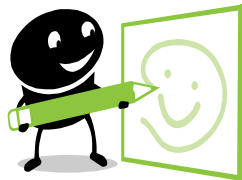
- ☐ Ignore teasing
- ☐ Focus on class work
- ☐ Use my "Chill Pass"
- ☐ Sing a song
- ☐ Color
- ☐ Computer

How did I do today?

Amazing



Pretty good



Could do better



What helped me to reach my goal?

What do I need to do differently?