

## My Goal:

Stay calm when others say things that bother me.



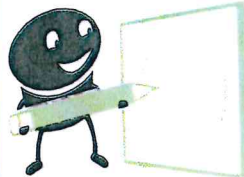
- Ignore teasing
- Focus on class work
- Use my "Chill Pass"
- Sing a song
- Color
- Computer

## 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?