

Stage 3

I could...



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I could...

- do my best
- be a team player



I could...

- try to be better organised next time
- ask for help and remember everyone makes mistakes



I could...

- ask the student if they are OK
- go with the student and talk to a teacher



I could...

- be proud of myself
- keep up the good work



I could...

- breathe in for 2 counts, out for 2 before I open the door
- remember it's OK to feel nervous sometimes



I could...

- look at the social story from last year's camp
- think about what I'll need to pack for camp



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I could...

- remember how good it feels to do something kind
- introduce the new students to my friends



I could...

- tell the teacher what happened and that I'm sorry
- ask for another homework task to do on my own



I could...

- remember I'm not going to be successful in everything I do
- try out for a different leadership role



I could...

- ask them if they are feeling OK and if I can help
- do something kind for my friend



I could...

- remember it's good to try and it's OK to make mistakes
- take a few breaths and a sip of water to calm down



I could...

- do a breathing exercise I know
- ask the teacher if I can go to the calm space in my classroom for a few minutes



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