

Sometimes in class I get confused.



It can be frustrating.



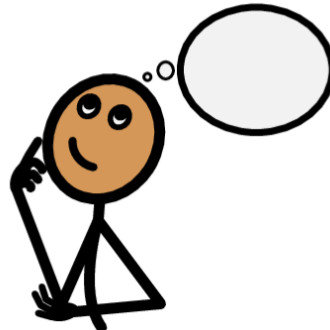
Taking a deep breath calms me down.



It's ok to ask for help.



I should think about my question.



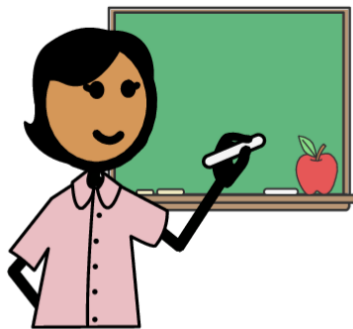
I raise my hand.



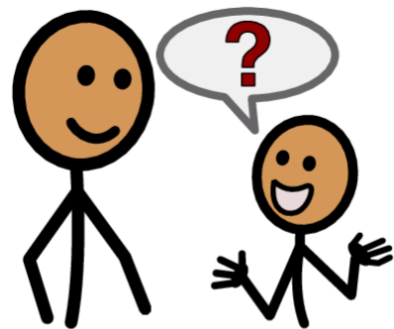
I wait before I speak so I don't interrupt my teacher.



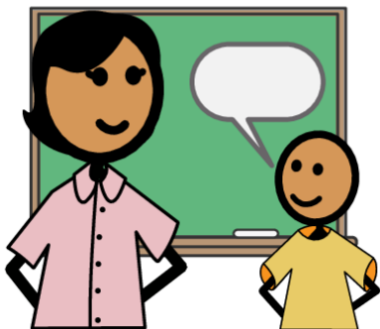
My teacher will say my name.



I say, "Can you help me please?"



I thank the teacher for helping me.



Sometimes the other students can help me too.



Now I can do my work!

