Grades 6-8: Asking for Help

1. Pick one person who can help.
2. Think about the problem.
3. Decide what the problem is.
4. Tell the person about the problem.
5. Ask for help.
6. Do I want help?
7. Then decide if you want help.
Ask, "Do I have everything I need?"

Ask, "What do I need for this class?"

Recheck and pack them up.

Gather the materials together.

Grades 6-8: Bringing Materials to Class
Grades 6-8: Concentrating on a Task

1. Decide on a place to work.
2. Decide what the task is.
3. Decide on a time to work on the task.
4. Decide if you are ready to concentrate.
5. Gather needed materials.
Repeat instructions to yourself.

Listen carefully while being told what to do.

Do what you've been asked to do.

Ask questions about what you don't understand.
Grades 6-8: Ignoring Distractions
Wait until it is your turn to talk.

Look at the person talking.

Say something connected to what the other person said.

Show that you are thinking about the words.
Gather information about possible decisions.

Think about the problem.

Reconsider possible decisions.

What about...

Make the best decision.

Think about possible decisions that could be made.

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123
Say it in a calm, strong voice.

If you or the other person would be hurt, think of a new way.

Then think of a new way to say it.

You want to decide what to say. Decide how the person would feel if someone said that to you.

Think about how you feel.

You are speaking to multiple people.

Decide how the person would feel if someone said that to you.

Think about how you feel.
Try:

Remind yourself for trying:

Even when it is hard, you need to keep trying.

Remind yourself about why you need to try:

"This is hard."

Stop and say, "I need to keep trying because trying when it's hard is good for me."

Use positive self-talk.