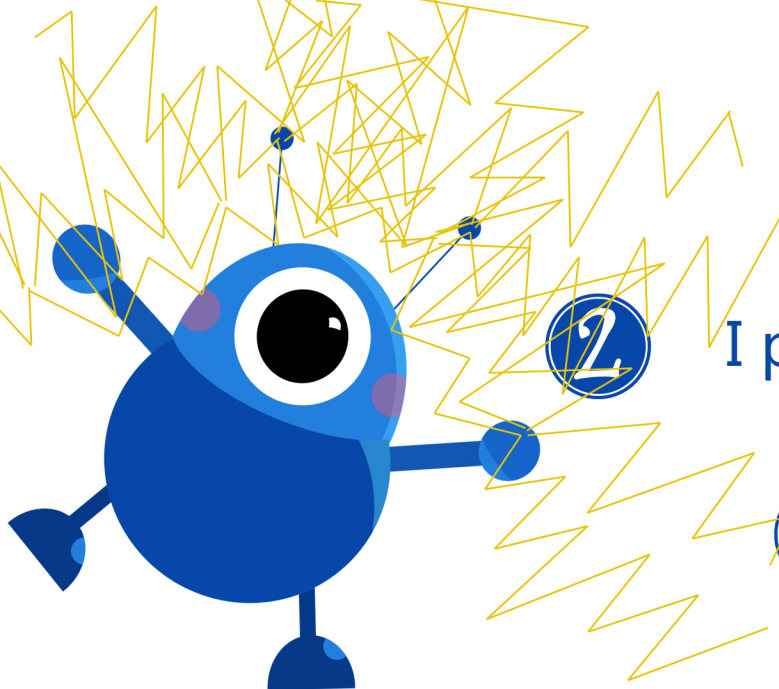


# At school



**1** I am proactive.  
I come up with strategies to use when I feel unfocused.

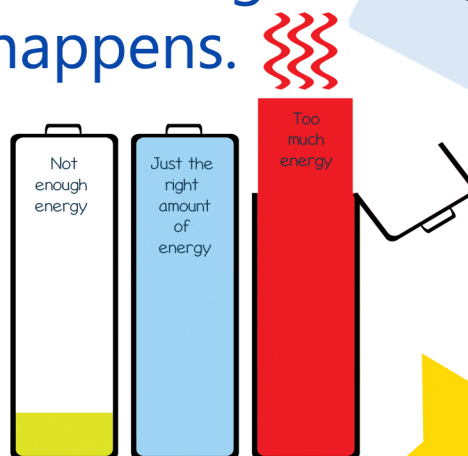
**2** I practice calm breathing.

**3** I sit in a spot with less distractions.  
I ask if I can walk around during breaks.

**4** I tell the teacher when I'm having a hard time sitting still.  
We come up with a list of things I can do when that happens.

Maybe come up with a secret hand language for the two of you!

**5** I try to understand my energy battery and what I need to do at each level.



**6** I feel good when I've done well.  
I don't get discouraged when things are hard.  
I keep trying my best!