

I Don't Have to Win

I want to be first.



When I am lining up with friends,
I want to be the first one.

I want to finish
first.



When I am doing my work, I
race to be the first one done.

It's not fair. I quit!



When somebody gets ahead of me
or finishes their work first, I get
really mad and run away from what
I'm doing.

3 deep +
BREATHS

1 2 3

When I am not first in line or if
somebody finishes before me, I need
to stop and take 3 deep breaths.
I need to tell myself this is a small
problem.



When I am not worried about being first in line or finishing things
first, I can have fun and do my best work. I know that my class is all
doing the same things and going to the same places. I feel proud of
myself!!