

# It is ok if I am not always right.

Sometimes I get answers wrong in class. Sometimes it is when I answer a question, other times it is on a worksheet, or even on a test.



This is ok, and I know that I am not the only one who gets answers wrong.

I am a very smart boy, and do well in school.



When I get an answer wrong, it is not always such a bad thing. It helps the teacher to know how I am doing, and what they need to keep working with me on.



The more I practice at my school work, the better that I become at it. But, even if I practice all the time, I still may get an answer wrong and that is ok.



Sometimes I get upset when I get an answer wrong. When I see that I have an answer wrong, and I feel that I am becoming upset, I need to use a coping tool.

Some coping tools that I can use are to take some deep breaths, ask to take a break, go for a walk or to a quiet place in the room.

If I am going to need a break or to get out of my seat, it is very important that I ask my teacher. I know that I am not able to leave the room without first asking, because it would be against the rules and possibly put me in danger.



Sometimes I get answers wrong on my schoolwork. This helps my teacher to know that I need more help, and is ok. I am not the only one who gets answers wrong and I should not get upset. If I do, I can use a coping tool to help me feel better.

