

Forgetful Footwear

Calm



Hey Worried, do you want to color with me at my desk?

No, I don't think I can.

Why? What's going on?

I left my gym shoes at home and I'm scared that I'm going to get in trouble because I won't get to participate in PE class.

Oh, I see.

I'm going to get in real trouble when the teacher finds out.

Have you forgotten your gym shoes before?

Yes.

Did you get in trouble then?

No. But my teacher said that if I forgot them again, I'd get detention.

And you don't want to get detention.

No.

Yeah, nobody wants to get detention, I guess.

Oh geez, now I'm really worried!

Hey Worried, I know detention doesn't feel good, but it won't last forever.

My teacher is going to be so mad.

Worried



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Worried



Your teacher just wants you to be able to participate with the class so you can have fun and learn new things.

You are right.

Can you think of a way to remember your shoes for the next time?

At night before I go to bed, I can put them in my bookbag.

That sounds like a great idea!

I'll give it a try!

Ok. Are you going to talk to the teacher now?

Yes. I'm scared, but I'll do it.

Good. You can color with me after you get back.

Questions for learning:

- Have you ever been in **Worried's** shoes before?
- How did **Calm** help **Worried**?
- Do you have someone that helps you like **Calm** helped **Worried**?
- Have you ever been able to help someone feel more calm?