How Am I Doing????

Sometimes when I'm at school, I do all my work. I listen to my teacher and follow all directions. I talk and play with my friends at recess and at lunch. This is a good day for me. I could say "I did my best."
Some days at school I have a hard time staying focused. Maybe the work is hard for me. I might feel frustrated. If the work is hard and I don't understand, I need to raise my hand and ask for help. Everybody needs help now and then. My teachers are there to help me learn.

On days like this I could say "I did O.K. I tried."
Some days at school are tough for me. I might be talking out loud. I might be thinking of a computer game or a video and I have a hard time staying focused. People don't understand when I talk like this. If I talk out loud it bothers others and they can't do their work.

I might have to go out of the classroom. This is a tough day for me. I will have to try tomorrow to do a better job at school. It's O.K. everybody has tough days. I could say "I'll try again tomorrow."