

# I had a



brave cub



porcupine



squirrel



tiger



chameleon



turtle

# moment.

Here's what happened...

A large, empty rounded rectangle with a dotted border, intended for drawing or writing a story.

Three horizontal lines for writing.

# Key



## I am "Brave like a Cub" when I...

- Keep my body calm
- Enjoy relationships
- Find my happy feelings
- Work independently & ask for help when I need it
- Keep trying my best
- Exercise my self-control muscles
- Listen to "safe big critters"
- Cooperate
- Share
- Help others
- Try new things
- Am a good friend
- Bounce back from rough moments
- Pay attention to my teacher
- Use my kind voice & words



I'm having a **PORCUPINE moment** when I'm grumpy, prickly toward others or stuck in my "downstairs brain."



I'm having a **SQUIRREL moment** when I don't want to share, take other people's things or want everything for myself.



I'm having a **TIGER moment** when I hurt people or damage things, act big & scary or when I use loud, mean words.



I'm having a **CHAMELEON moment** when I try to blend in too much, copy others or don't let people say nice things about me.



I'm having a **TURTLE moment** when I keep to myself, won't talk or have a hard time letting someone help me.