



## My progress so far in **Staying Positive**

- STEP 1 I can say when things go wrong and why people can get angry or upset.
- STEP 2 I can explain why giving up when something goes wrong does not help.
- STEP 3 I try to stay calm when something goes wrong.
- STEP 4 I keep trying when something goes wrong, and think about what happened.
- STEP 5 I keep trying when something goes wrong and help cheer other people up.
- STEP 6 I keep trying and encourage others to keep trying, even when things are difficult.
- STEP 7 I can look on the bright side in difficult situations and focus on that.
- STEP 8 I can explain the positive side of a difficult situation to others.
- STEP 9 I can come up with ideas for changing difficult situations into positive opportunities.
- STEP 10 In difficult situations, I choose the best way to move forward instead of giving up.

### **STEP 1**

**I can say when things go wrong and why people may get upset and angry**

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**STEP 2**

**I can explain why giving up when something goes wrong does not help**

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**STEP 3**

**I try to stay calm when something goes wrong**

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**STEP 4**

**I keep trying when something goes wrong, and think about what happened**

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**STEP 5**

**I keep trying when things go wrong and try to cheer others up**

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**STEP 6**

**I keep trying to encourage others to keep trying, even when things get difficult**

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**STEP 7**

**I can look on the bright side in difficult situations and focus on that**

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**STEP 8**

**I can explain the positive side of a difficult situation to others**

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**STEP 9**

**I can come up with ideas for changing difficult situations into positive opportunities**

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**STEP 10**

**In difficult situations, I choose the best way to move forward instead of giving up**

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