

SET THEME:

## I Can Manage Myself and Set Goals

### **Build Social and Emotional Intelligence**

To help children learn what it means to keep trying, encourage them to:

- Think about how it feels to try something new.
- Break tasks into smaller steps to help them achieve a new goal.
- Try different coping techniques to help them feel calm when they're sad or upset.
- Do something more than once to achieve a goal.

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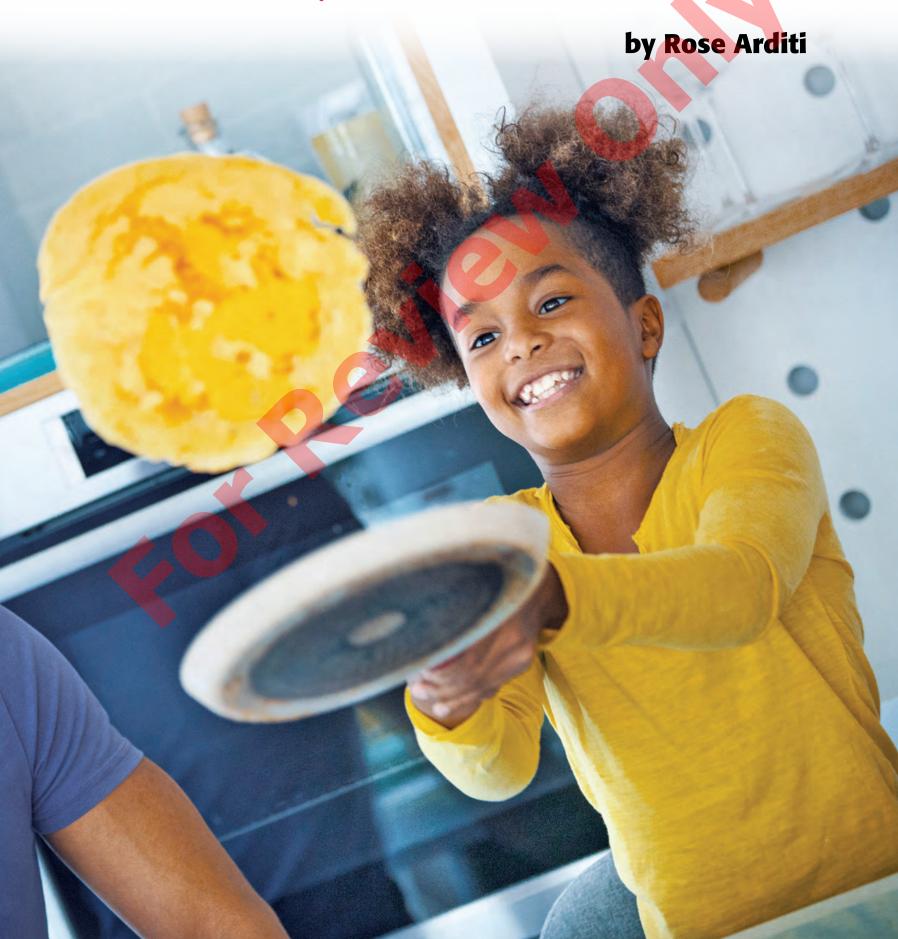
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#### **How to Read This Book with Children**

- Read aloud the title. Ask children what it means to "try." Explain what it means to "keep trying."
- Read aloud the book with children.
- Talk about ways children can manage their feelings when they try something and don't succeed.
- 4 Ask children to describe how they feel after they try something more than once.
- After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- Guide children to connect the text to their own experiences.



# IKeep TRYING



## It's fun to try new things,

but sometimes it can be hard.



You might have to try doing it more than once. Like doing cartwheels or . . .



# ... flying a kite. Sometimes,

it can be scary trying new things. You might think that you can't do it.





So me and my friends try again. But the kite still won't fly. We feel frustrated.



We decide to take a break to calm down. We breathe in slowly. Like we're smelling a flower.

