

GETTING BETTER ALL THE TIME

HOW TO FIND YOUR VOICE



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CHAPTER 1

SPEAKING UP

Laila's new teacher says her name wrong. This hurts Laila's feelings. She wants to speak up, but she feels shy.



Laila takes a deep breath. She talks to her teacher. The teacher learns how to say Laila's name. Laila feels better. She is glad she spoke up.



CHAPTER 2

WHAT YOU CAN DO

Finding your voice means speaking up when something matters to you. It is important to be respectful when you do this.





Sometimes strong feelings stop us from speaking up. When this happens, **identify** your feelings. How? Close your eyes. Take a deep breath. Think about how you feel. Naming and understanding your feelings helps you **manage** them.



For Review Only

When you have trouble speaking up, think of a **positive** phrase. Tell yourself, “I can do this.” Positive phrases make you feel **confident**. They can help you find your voice.