GETTING HELP CAN BE EASY AND GREAT!!

Hi! My name is Spongebob Squarepants. I bet you know me!

I go to school. Do you? My teacher’s name is Mrs. Puff. I really like her. Do you have a teacher?

There are times in school when I get upset. Do you? Sometimes another student will do something to upset me. Sometimes the student will tell my teacher something about me. Here is Flats telling Mrs. Puff something.

**Spongebob did what?!**

Sometimes at school I do good things and Mrs. Puff tells me I do great. She likes to tell me. Sometimes she gives me a ‘high-five’. Does your teacher tell you when you are doing good?

**You are doing so well SpongeBob!!**





Mrs. Puff might call my name to find out what is wrong. “Spongebob, what is the matter?” I used to think she was mad but not anymore.



Now I know when Mrs. Puff calls on me she just wants to help me solve the problem.



**I can help you solve your problem!**



But sometimes when I have to explain something I feel like I can’t. I might feel like I want to yell or run. Sometimes I can’t think what to say.



**I’m saying the wrong things. I need some help!**

**I don’t know what to say!!**

**Umm, you..ahh..I..I mean…**





So do you know what I do now I take 3 deep breaths so I can ‘calm’ down.



If I can’t talk quietly I let Mrs. Puff ask me questions. Or, I ask my friend Patrick to tell her. Do you have someone who can help you tell your teacher the problem?



**Thank you Patrick!**

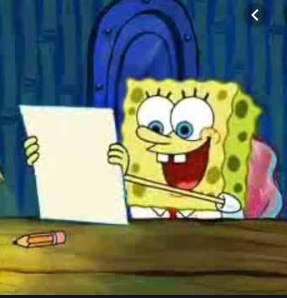
**Don’t worry I’ll tell Mrs. Puff what you mean.**

I am so glad I can take breaths, calm down, and let Mrs. Puff help me with my problem. It is good to let adults help! It feels good.

**We solved the problem Spongebob!**

**Thanks! I like it when you help me!**





I bet you could try this too! I bet your teacher knows how to help you. It is good to get help. It makes you feel much better!

**Take 3 deep breaths.**

**Your teacher can ask good questions**



**A friend can help!**

**I’LL TRY IT!!!**