**This week I might try:**

***To handle put-downs with comebacks***

**I’ll try to remember that there are 4 ways to react to a put-down.**

**I can keep track of what I’m learning on the chart below:**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If someone says a put-down to me, I can try to use the 4 types of comebacks**  | **Day****1** | **Day** **2** | **Day****3** | **Day****4** | **Day****5** |
| 1. **question it**
 |  |  |  |  |  |
| 1. **turn it into a compliment**

 |  |  |  |  |  |
| 1. **ignore it - and walk away**
 |  |  |  |  |  |
| 1. **be amazed**

 |  |  |  |  |  |