**This week I might try:**

***To handle waiting***

**I’ll try to remember that there are tips to help make waiting easier.**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If I have to wait, I can try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Stay still, quiet, and calm** |  |  |  |  |  |
| **2. Think “It’s hard to wait but I can do it”** |  |  |  |  |  |
| **3. Make a waiting plan** |  |  |  |  |  |
| **4. Try my plan** |  |  |  |  |  |

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