**This week I might try:**

***Self-Advocacy***

**I’ll try to remember that I should speak up for myself to get what I need. It’s important to learn self-advocacy so that I can ask for what I need in the right way.**

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

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| --- | --- | --- | --- | --- | --- |
| **I can practice self-advocacy by:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. Knowing myself** |  |  |  |  |  |
| Math is hard for me  **2. Knowing what I**  **need** |  |  |  |  |  |
| Can you please explain the assignment to me?  **3. Knowing how to get**  **what I need** |  |  |  |  |  |

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