

- * Greeting Others**
- * Following Instructions**
- * Getting the Teacher's Attention**
- * Listening**
- * Controlling Emotions**
- * Accepting "No" for an Answer**
- * Disagreeing Appropriately**
- * Staying on Task**
- * Accepting Criticism or a
Consequence**
- * Focus on Yourself**
- * Asking Permission**
- * Asking for Help**
- * Appropriate Voice Tone**
- * Working with Others**
- * Having a Conversation**
- * Accepting Compliments**
- * Sharing Something**
- * Making an Apology**

Focus On Yourself

Ignore conversations or interactions that are not directed at you.

Keep all thoughts, questions, and comments to yourself.

Allow teachers to handle the teaching of other students.

Controlling Emotions

Stop and think about what you are feeling.

Watch for visual cues and adjust your body.

Listen for verbal cues and adjust your voice.

If needed, describe your feelings to others.