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| You are already on the bus when you realize you left your homework on the kitchen table. You know there will be consequences for forgetting it. What things could you do to either improve your situation or help yourself feel better? |   |
| You wake up late and don't have time for breakfast so you are hungry and irritable during your first class. What things could you do to either improve your situation or help yourself feel better? |   |
| Another student calls you a name in class and it upsets you. What things could you do to either improve your situation or help yourself feel better? |   |
| You have a fight with your brother or sister (or parent) before school and now you can't concentrate. What things could you do to either improve your situation or help yourself feel better? |   |
| During lunch, another student takes your food and refuses to give it back. What things could you do to either improve your situation? |   |
| Your sports practice goes long one afternoon and now you have no time to study for your test that is taking place tomorrow morning. What things could you do to either improve your situation or help yourself feel better? |   |
| You accidentally leave your book in the cafeteria and when you go back to get it later, it is gone. What things could you do to either improve your situation or help yourself feel better? |   |
| You are asked to work in a group with another student who you do not like. What things could you do to either improve your situation or help yourself feel better? |   |
| You are told you will have to give a presentation to the class and you are terrified of doing this. What things could you do to either improve your situation or help yourself feel better? |   |
| You get a D on your latest test and the teacher tells you she will be calling your Mom or Dad tonight to discuss this. What things could you do to either improve your situation or help yourself feel better? |   |
| The teacher catches you daydreaming during class and then embarrasses you by announcing it to the class. What things could you do to either improve your situation or help yourself feel better? |  |  |