

It's OK!

Sometimes I might have to do something that I might not be very good at, or that I'm not perfect at.



We all have to do things like that.



It's ok if I'm not perfect at something.



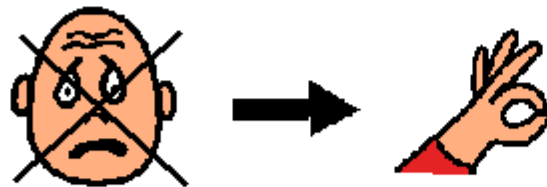
No one is perfect!



It's ok to make mistakes.
Everyone makes mistakes!



If I find that something is hard or that I'm not perfect at it, I can say to myself "Don't worry, no one is perfect! It's ok to make mistakes"



All I can do is try my best and be happy with that.



I should at least try to do the task.

When I realise it's ok to make mistakes and not be perfect, I won't get as frustrated or upset.



The people around me won't get frustrated either and they will be happy that I can stay calm.

I will be happier too when I can say "It's ok" and keep myself calm.

