

<p><u>Problem:</u> WHAT IF ...</p> <p>I can't find my classroom or my class?</p>	<p><u>Answer:</u></p> <p>I can go and ask the ladies in the office to help me.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I lose something?</p>	<p><u>Answer:</u></p> <p>I can ask one of the teachers to help me. If I want to I can ask my teacher to write what happened in my diary.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I haven't finished copying the work from the board and the teacher rubs it off?</p>	<p><u>Answer:</u></p> <p>I can put my hand up and tell the teacher. It will be okay because the teacher will work out a way for me to get copies of the notes.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I fall over in the playground?</p>	<p><u>Answer:</u></p> <p>If I'm OK I can get up and go and get a drink at the bubblers. If I'm hurt I can go and tell the teacher on duty. He/she will send me to the front office, then I might have to go to Sick Bay for a while.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I still haven't copied the notes from the board and the teacher rubs them off?</p>	<p><u>Answer:</u></p> <p>When the teacher asks "Is everyone finished copying from the board?" I can put up my hand and say "No, I haven't." It will be okay because the teacher will work out a way for me to get the notes done.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I forget what I'm supposed to be doing?</p>	<p><u>Answer:</u></p> <p>I can look at what the other kids are</p>
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<p><u>Problem:</u> WHAT IF ...</p> <p>I don't understand what the teacher wants me to do?</p>	<p><u>Answer:</u></p> <p>I can put up my hand and ask the teacher to explain things to me one more time. Teachers like it when kids ask questions when they're not sure what to do.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I don't want to do homework?</p>	<p><u>Answer:</u></p> <p>When I finish all my work in class then I can ask the teacher if I can do the homework before the end of the lesson. Sometimes the teacher will say its okay. Sometimes the teacher will say there's not enough time for me to do it in class.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I don't like the work?</p>	<p><u>Answer:</u></p> <p>Sometimes everyone has to do work that they don't want to do.</p> <p>If the work is too hard I need to tell the teacher.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I get sick when I'm at school?</p>	<p><u>Answer:</u></p> <p>I ask my teacher for a sick pass, then go to the front office and tell the office staff that I'm sick. They'll let me lie down for a while in Sick Bay. If I'm really sick they'll ring my mum or dad to come and take me home.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I don't want to do my work?</p>	<p><u>Answer:</u></p> <p>Everyone likes different things. Even if I don't like the work I still need to do it. It's OK to tell the teacher that I don't like it ...but I can only say it once. Then I need to</p>
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<p><u>Problem:</u> WHAT IF ...</p> <p>I forget to order my lunch?</p>	<p><u>Answer:</u></p> <p>As soon as I remember that I haven't ordered my lunch I need to tell the teacher.</p> <p>The teacher will help me solve the problem.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I have to sit next to someone I don't like?</p>	<p><u>Answer:</u></p> <p>I can ask the teacher if I can sit somewhere else in the classroom.</p> <p>If the teacher says no, then I need to stay calm and try not to be distracted by the person sitting next to me.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I lose my canteen money?</p>	<p><u>Answer:</u></p> <p>I need to tell the teacher on playground duty if I lose my canteen money.</p> <p>The teacher will help me solve the problem.</p> <p>I will stay calm - everything will be OK.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I lose my canteen money?</p>	<p><u>Answer:</u></p> <p>I need to tell the teacher on playground duty if I lose my canteen money.</p> <p>The teacher will help me solve the problem.</p> <p>I will stay calm - everything will be OK.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I'm too scared to put up my hand in class?</p>	<p><u>Answer:</u></p> <p>I can tell the teacher before the lesson and he or she will tell me a signal that I can use instead of putting my hand up.</p>
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<p><u>Problem:</u> WHAT IF ...</p> <p>It's way too noisy for me?</p>	<p><u>Answer:</u></p> <p>I can tell the teacher that the noise is hurting my ears.</p> <p>The teacher will tell me to take my work to the desk outside the classroom and finish it there, where it is quieter.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I have to go and see the Deputy Principal?</p>	<p><u>Answer:</u></p> <p>I like the Deputy Principal. His name is Ms He always listens to my side of the story, and he is very fair.</p> <p>If I need to go and see him it is because</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I forget my equipment?</p>	<p><u>Answer:</u></p> <p>I need to tell the teacher.</p> <p>He/she might lend me what I need.</p> <p>It will be OK - I will bring my equipment next time.</p>
<p><u>Problem:</u> WHAT IF...</p> <p>I have to go and see the counsellor?</p>	<p><u>Answer:</u></p> <p>The counsellor is a very helpful teacher.</p> <p>She might ask me some questions. Maybe some of them will be a bit hard to answer - that's OK. If I don't know the answer she won't be angry with me. Maybe I can come back and tell her the answer after I've thought about it for a while.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I forget my PE uniform?</p>	<p><u>Answer:</u></p> <p>I need to tell the teacher. The teacher will help me solve the problem. I'll remember to put my PE uniform in my bag next time.</p>
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<p><u>Problem:</u> WHAT IF ...</p> <p>I don't finish my homework?</p>	<p><u>Answer:</u></p> <p>I need to tell the teacher why I didn't finish my homework.</p> <p>The teacher might let me finish my homework in class time when I get all my other work done.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I don't hand my work in - even though I've finished it?</p>	<p><u>Answer:</u></p> <p>I must remember to bring my work to school when it's finished because the teacher needs to mark it.</p> <p>I've worked hard and I'm proud of myself. The teacher wants to be proud of me too.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I didn't get the note about the excursion?</p>	<p><u>Answer:</u></p> <p>I ask the teacher for another note about the excursion.</p> <p>The teacher might tell me to get one from the front office at lunchtime.</p> <p>That's OK - I can do that!</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I'm really confused and I don't know what to do?</p>	<p><u>Answer:</u></p> <p>I stop and I calm down.</p> <p>I take a big breath in.</p> <p>I let the big breath out.</p> <p>I do this then times - in and out.</p> <p>When I feel calm, I can think better.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I don't know what to do at lunch time?</p>	<p><u>Answer:</u></p> <p>I can go to the library and play some of the games that belong to the library.</p> <p>There are lots of games to choose from!</p> <p>I need to ask the librarian if I can use the games and then it will be okay for me to play. I can play by myself or with a friend.</p>
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<p><u>Problem:</u> WHAT IF ...</p> <p>I want to use the library computers at recess or lunch?</p>	<p><u>Answer:</u></p> <p>I need to go to the library at recess or lunch the day before I want to use the computer and make a booking.</p> <p>Ms Armson is the librarian and she will help me to reserve a computer for the next day.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>Other kids are teasing me or giving me a hard time?</p>	<p><u>Answer:</u></p> <p>I can say "Stop. I don't like it. Leave me alone."</p> <p>And then move away from them.</p> <p>If it keeps happening I need to tell the teachers because teasing is not okay.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I haven't got anyone to hang around with at recess and lunch?</p>	<p><u>Answer:</u></p> <p>I can go and ask a classmate if I can join one of his/her lunchtime games groups.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I get very angry with someone?</p>	<p><u>Answer:</u></p> <p>I stop and calm down.</p> <p>I take a big breath in.</p> <p>I let the big breath out.</p> <p>I do this ten times - in and out.</p> <p>When I 'm calm, I can stop and think about how to solve the problem.</p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I'm picked on by other kids?</p>	<p><u>Answer:</u></p> <p>I need to walk away from the kids who are picking on me.</p> <p>Then I have to tell a teacher about the other kids who are picking on me.</p> <p>The teacher will help me solve the problem.</p>
<p><u>Problem:</u> WHAT IF ...</p>	<p><u>Answer:</u></p>

<p><u>Problem:</u> WHAT IF ...</p> <p>I get my periods at school?</p>	<p><u>Answer:</u></p> <p>I tell my class teacher, who will give me a Sick Bay pass. Then I go to the front office and tell the office ladies that I need to tell them something private.</p> <p>I tell the office lady about my period and she will give a pad or tampon.</p> <p>She might also help me to clean up.</p>
<p><u>Problem:</u> WHAT IF ...</p> <p>I haven't got any pads or tampons?</p>	<p><u>Answer:</u></p> <p>I can ask one of my friends if they could give me a pad or tampon.</p> <p>Or I could go to the front office and ask one of the office ladies if they could give me a pad or a tampon.</p>