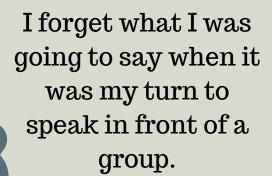Ask someone to play and they say no.

I could become better at noticing kids who have no one to play with because I know how it feels.

I forget what I was going to say when it was my turn to speak in front of a group.

I become someone who does not make fun of others for making a mistake in front of a group.

I get angry and hit my brother.

I learn to apologize and think of another way I could talk about my anger next time.

I try a new sport and get out right away in front of everyone.

I can get practicing speaking kindly to myself when I am trying new things.

"I'm proud of you for trying, Self"