

### Borrowing Materials

Ask to borrow materials

Remain calm and wait for response

If yes, tell classmate thank you and when you will return the item

If no, accept their response and say thank you

Rationale: It reduces bullying instances.

### Begin an assignment

Sit at desk with only necessary materials

Read the directions

Begin assignment

Voice level 0

Rationale: Students how to take responsibility for their learning.

### Accept being told No

Remain calm

Take a deep breath

Respond with "I understand" or "Okay"

If needed, annotate frustrations and ask to discuss with teacher/peer at a later time

Rationale: Self-control and learn how to communicate in a calm manner.



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