



I am a terrific student at my karate school.



I have friends at karate.



Sometimes we practice our form in class.



Sometimes we preform our form for a score.



When doing our form for a score, there are winners and losers.



Sometimes I get a good score and win.



When I win, I can show expected behavior by saying nice things.

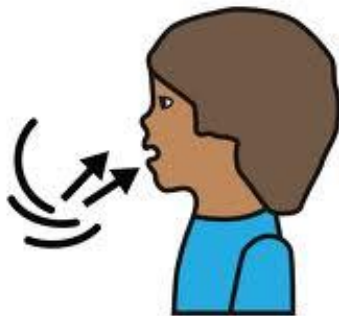


Sometimes I lose. I don't like to lose.



When I lose, sometimes I cry, whine, and say mean things. This is unexpected.

Take deep breath



When I lose, I need to stop, take a deep breath and remember to think, "Its OK, maybe I will win next time."



It is fun to preform my form for others and I am proud of myself.