

AT YOUR CHAIR

How to get
your body
ready so you
can focus and
do your best
work.

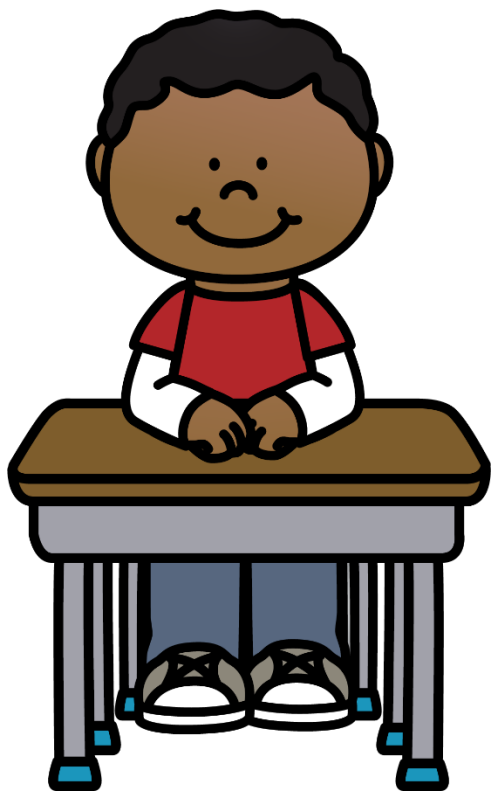


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When we sit in
our chair, we
get our body
and supplies
ready so we
can focus and
do our best
work.

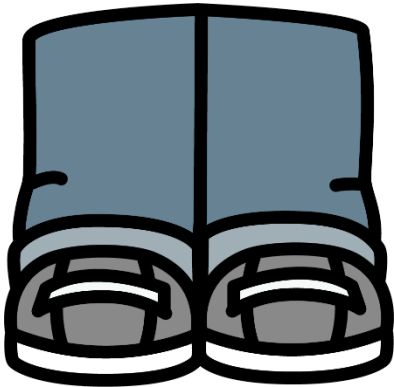


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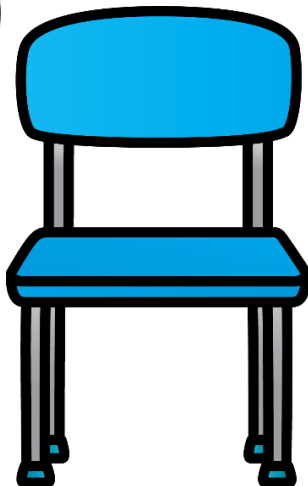


We walk to our
chair and sit
down on our
bottom.

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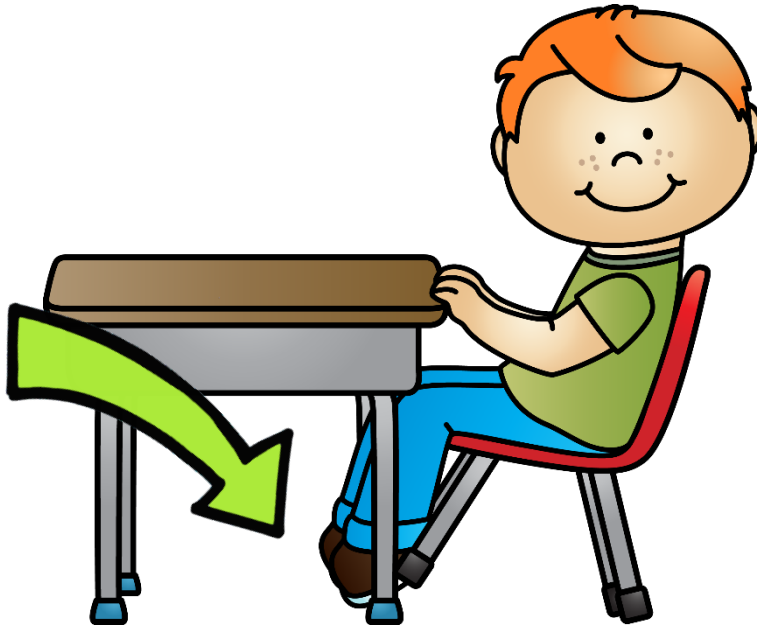
Our feet stay
on the floor



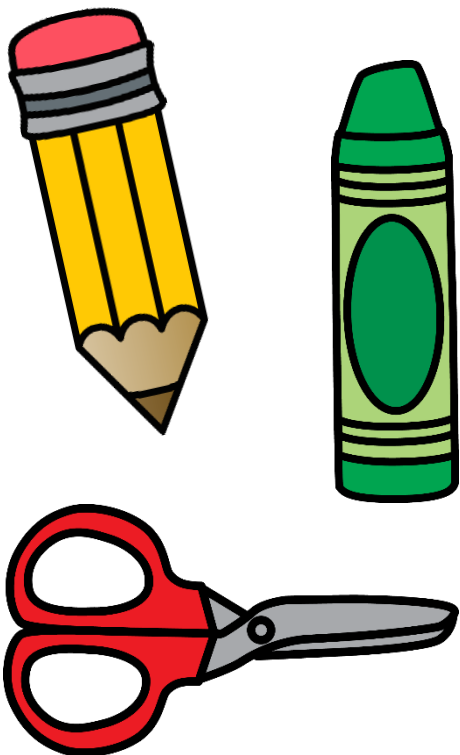
Our chair stays
on the floor.

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If we tip our chair backwards, we could fall and hurt ourselves.



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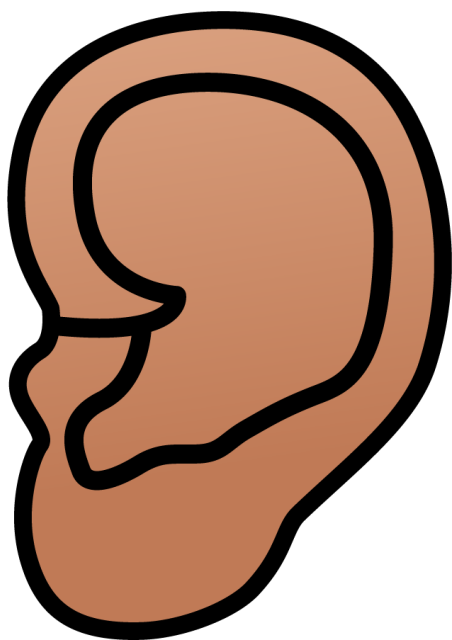
We take out the supplies we need and get started. We take our time and try our best!

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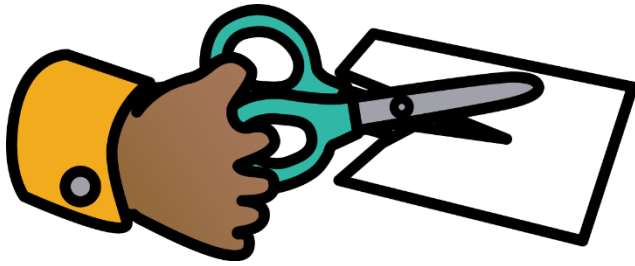
We follow
directions and
use a quiet voice
so everyone can
focus on their
work.

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If the teacher
starts talking,
we **STOP** what
we are doing,
turn our voice
off, and listen.

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If we are cutting,
we throw our
scraps of paper
in the garbage
and clean up our
area.

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If we have a
question or need
help, we raise
our hand and
wait our turn.

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If we finish early and there is still time we can add details to our work.

We can:

1. Add more colors to our picture
2. Draw
3. Label our picture
4. Write another sentence

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"I don't like when you take my pencil without asking. Can you please ask me first?"



"I'm sorry, can I please borrow your pencil?"

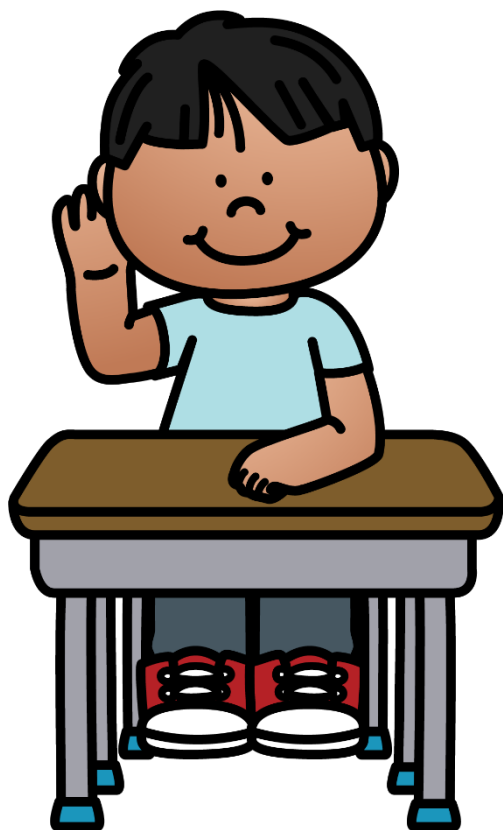


"Sure, thank you for asking!"



If a friend hurts our feelings while we are working, we use our words and try to fix the problem. This helps to make everyone feel better.

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When it is time to
clean up, we
listen to
directions, put
our work away,
and we help clean
up the room.

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When we get
our body ready
to sit in our
chair we can
focus and
everyone can do
their best work!

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