**This week I might try:**

***4 Ways to Handle Embarrassment***

**I’ll try to remember that there are 4 things I can do to help me when I’m embarrassed.**

**I can keep track of what I’m learning on the chart below:**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I can try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| 1. **stop beating myself up** |  |  |  |  |  |
| 1. **laugh at myself** |  |  |  |  |  |
| 1. **change the subject**   Anybody watch Ninja Warriors last night? |  |  |  |  |  |
| 1. **move forward** |  |  |  |  |  |