

**Being Patient While Trying to Understand and  
While Helping Others Understand Me**

**A Social Emotional Learning Routine**

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Use this routine to help students who get frustrated with explaining or asking for help or become agitated and sometimes jump to the wrong conclusion with teacher explanations.



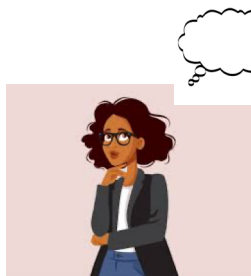
Sometimes when I talk to the teacher, the teacher doesn't know what I said,



and sometimes when the something I get confused.



teacher tells me



My teacher is a good listener, my teacher will help me.



My teacher will listen



I can slow down and try again to explain



My teacher will try again to tell me what she thinks



I will listen



now we both understand

