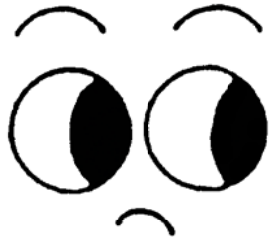


Listening - Nitōhta

STEPS

1. Look.



Itāpi

2. Stay still.



Kwāmāhcāyā.


3. Think.



Māmitonēyihta.

Following Directions Nanahīta




STEPS

1. Listen.  Nitōhta
2. Think about it.  Māmitonēyihta.
3. Ask if needed.  Kwēcīkēyimo.
4. Do it.  Itōhta

Responding to a Request

Naskitōhta

STEPS

1. Answer right away.  1. Naskimo.
2. Think about the request.  2. Māmitonēyita atitokēwin.
3. Do it right away if you are able to do it.  3. Sēmāk itōhta kīspin kikaskitān.

Trying When It's Hard

Ākamēyimo Māna Kā-Āyima

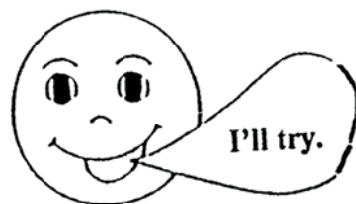
STEPS

1. Stop and think



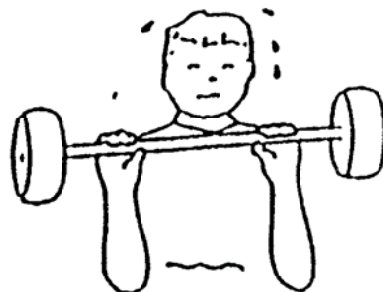
Nakī ēkwa
māmitonēyihta.

2. Say "It's hard,
but I'll try."



Itwē "Āyiman, māka
ni-ka-kohcihtān."

3. Try it.

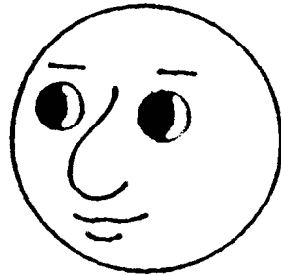


Kohcihtā.

Ignoring Kāya-Nākatēyim

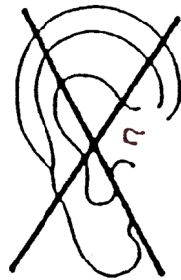
STEPS

1. Look away.



Ōpimē itāpi.

2. Close your ears.



Kāya-Nitōhta.

3. Be quiet.



Kiyāmapī.

Using Self-Control Nākatēyimiso

STEPS

1. Think before you do anything.



Māmitonēyihta pāmiyēs
kīhkwāy ka-itōhtaman

2. Use self-talk



Pīkiskwāciso.

3. If you need to, leave as soon as possible .



Sipwēhtē sēmāk
kīspin ēkosi ispayin

4. Reward yourself.



Ispīhtēyimiso.


Accepting Consequences

Kāya Ānwēyita

STEPS

1. Stop and think.  Nakī ēkwa māmitonēyita.

2. Decide if you're wrong  Kīsēyitamāso kīspin
namōya kwēyask.

3. Say "Yes, I did it"
"I'm sorry."  Yes,
I did it. Itwē "Āhā, nititōhtēn,
ēkwa nimīhtātēn."

4. Follow the direction.  Nanahīyita.

Dealing with Feeling Mad

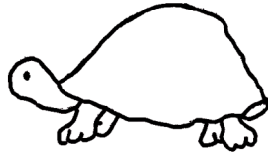
Manā kisiwāsi

STEPS

1. Stop and think.  Nakī ēkwa māmitonēyita.

2. Choose

a) Turtle



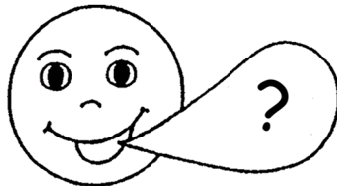
Mēskanāhk.

b) Relax



Āstēyayā.

c) Ask to talk



Kwēcīkēyimo
ka-pīkiskwēyan.

3. Do it.







Itōhta.

Avoiding Trouble

Manā Misiho

STEPS

1. Stop and think.  Nakī ēkwa māmitonēyita.
2. Decide if you want to stay out of trouble.  Kīsēyita kīspin namōy-ki-nōhtē-misihon.
3. Decide what to tell the other person.  Kīsēyita kīspin kīhkway ka-itat kotak āsiyiniw.
4. Model your thinking outloud.  Wītahimāso kīhkway ē-nōhtē-itōhtaman.