

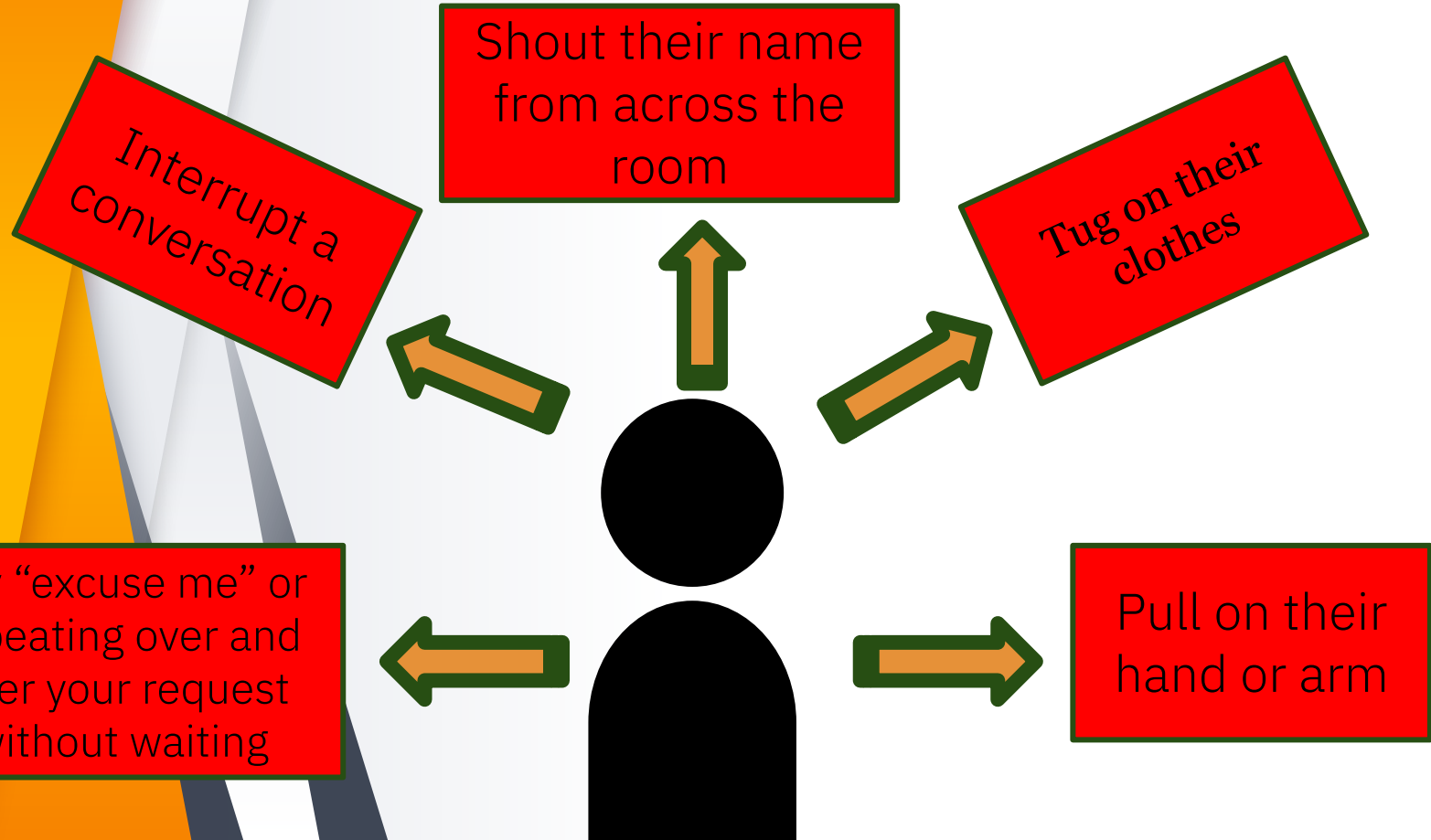
How To Gain Attention Appropriately

**I can be okay, even
when I have to wait for
someone's attention.**

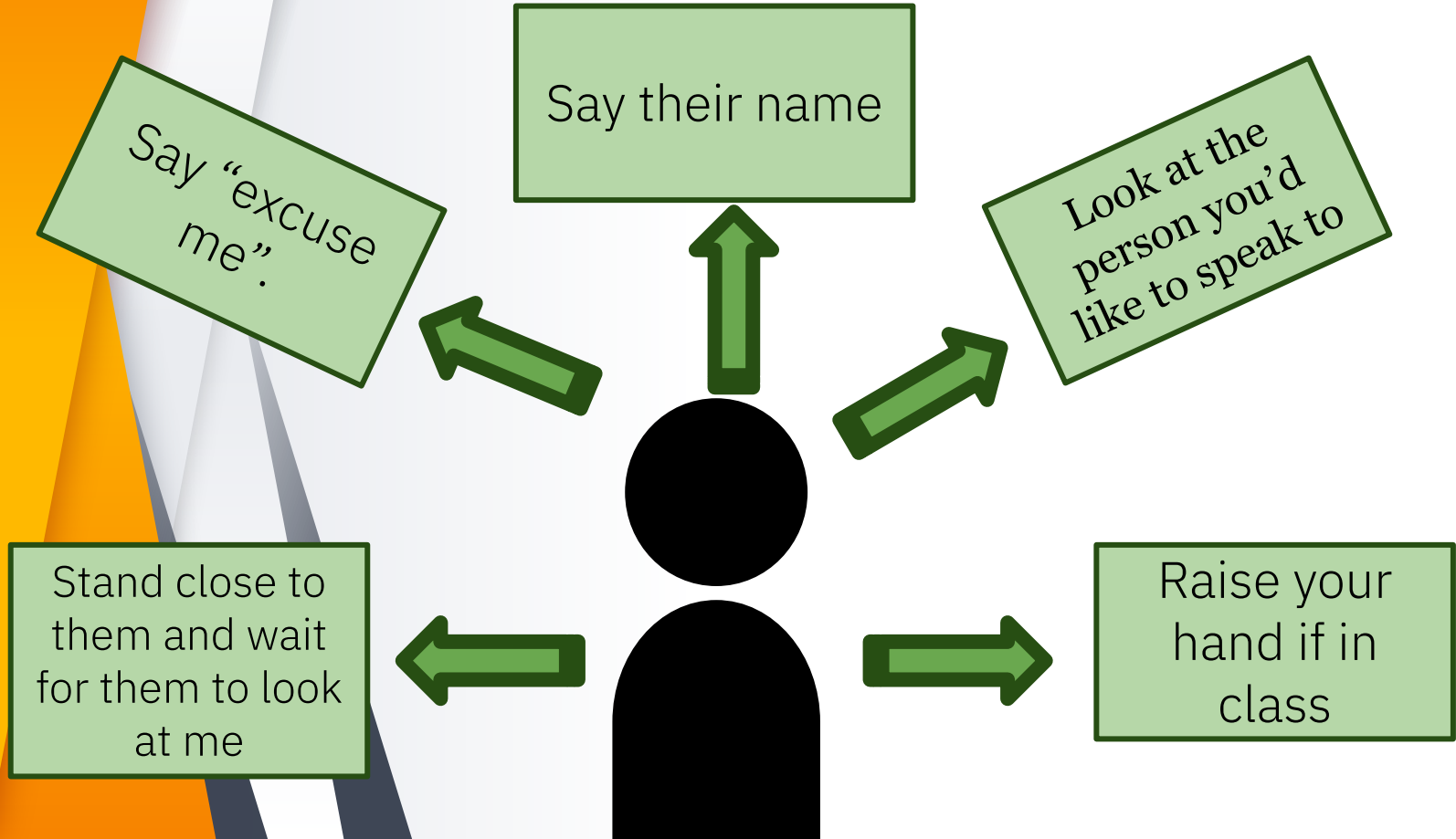
**Sometimes I have to wait to
get someone's attention,
and that is okay!**

I may feel angry or frustrated when I
want someone's attention now, but I
have to wait.

Here are things **I should NOT DO** when I want someone's attention:



Here are things I **can** DO when I want someone's attention:



Practice waiting to gain attention appropriately

**I can be okay, even
If I have to wait for
someone's attention.**

Waiting to gain attention

**Time to
Practice!**

When I want someone's attention, I can:



I want to talk to a friend, but
she is reading a book.



**What will help me
get her attention?**

Things to DO

I want to ask the teacher a question, but she is in the middle of teaching.



What will help me get her attention?

Things to DO

I want to show my mom something but she is talking on the phone.



**What will help me
get her attention?**

Things to **DO**

We are on the playground
and I want to ask a friend to
play with me.

**What will help me
get their attention?**



Things to **DO**

I want to ask my teacher for help, but she is helping someone else.



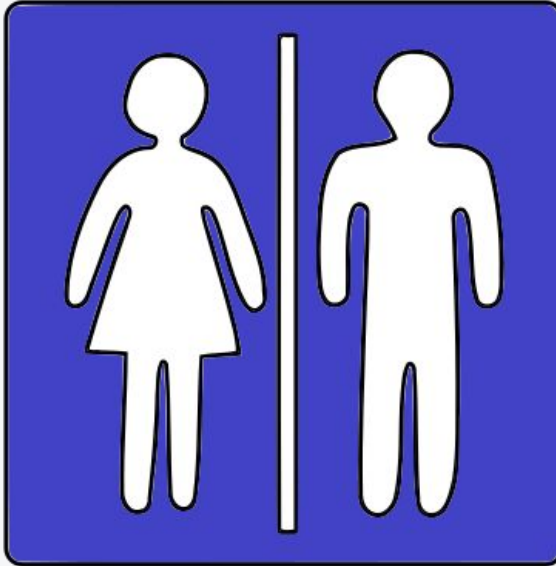
**What will help me
get her attention?**



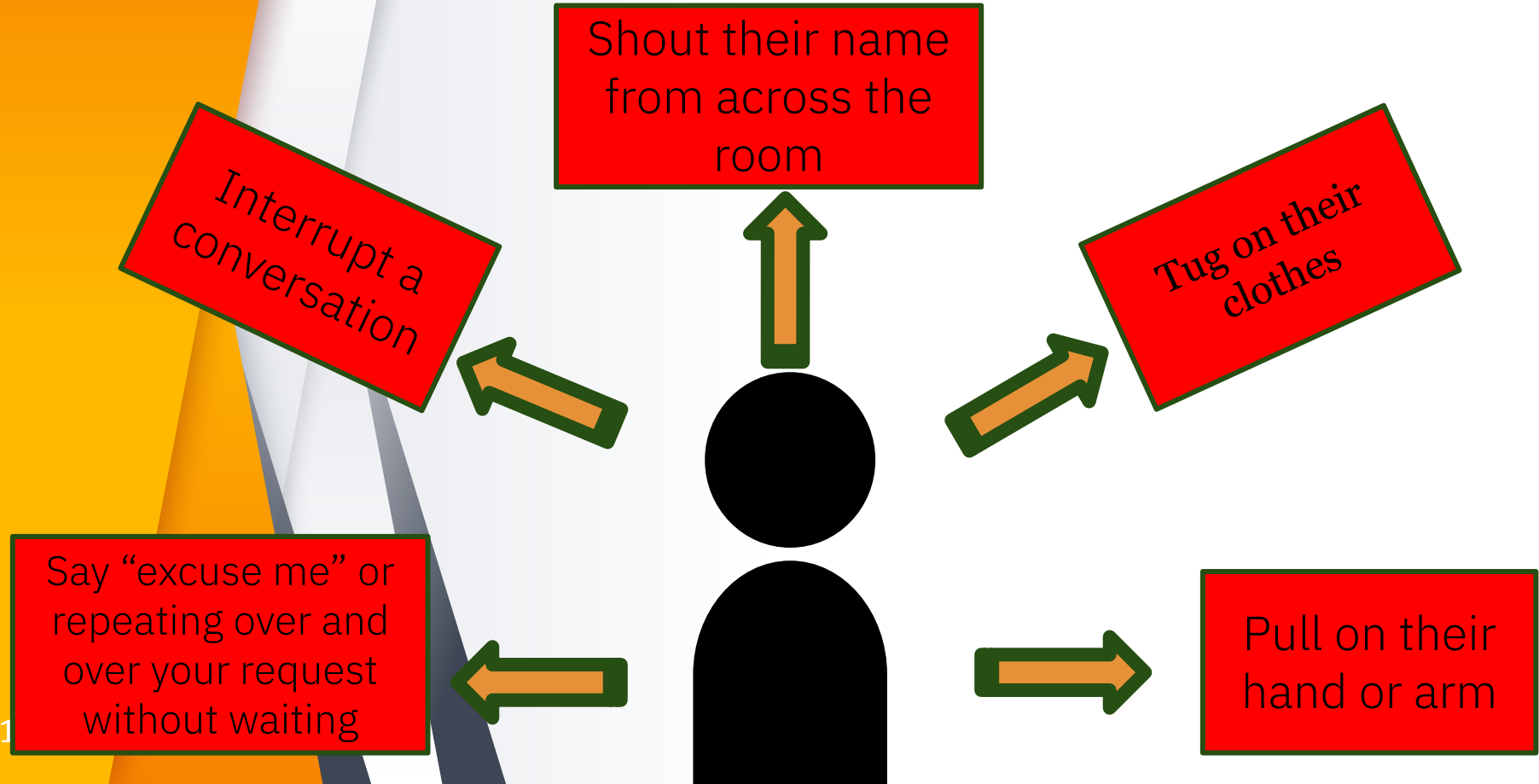
Things to **DO**

I need to ask the lunch helper if I can use the bathroom.

What will help me get their attention?



Here are things **I should NOT DO** when I want someone's attention:



Here are things **I can DO** when I want someone's attention:

