

I am a Good Guy.

Other people often have many thoughts in their minds- all at the same time.

These thoughts can be about anything. For example, my teacher might think about her students, the schedule, and what is for lunch- all at the same time.

Thoughts often make people feel different emotions. Some thoughts may make people happy. Other thoughts may make people sad, mad, or frustrated.

People often talk about how their thoughts make them feel. When a person talks about how they feel it can solve problems, make the person feel better, and let another person know help is needed.

If my teacher needs to solve a problem with one of my classmates, she may tell that student that she is unhappy or frustrated with their behavior.

When she does this, I will try to remember that my teacher has many thoughts and emotions in her mind at one time. She may be frustrated with my classmate's behavior and still be happy with me.

When I hear my teacher is unhappy, I may feel like I want to check in with her to make sure the thought in her head about me is a happy thought and if she thinks I am being a good guy.

I am learning to figure out whether my teacher thinks I am being a good guy and if she is happy with me without asking her.

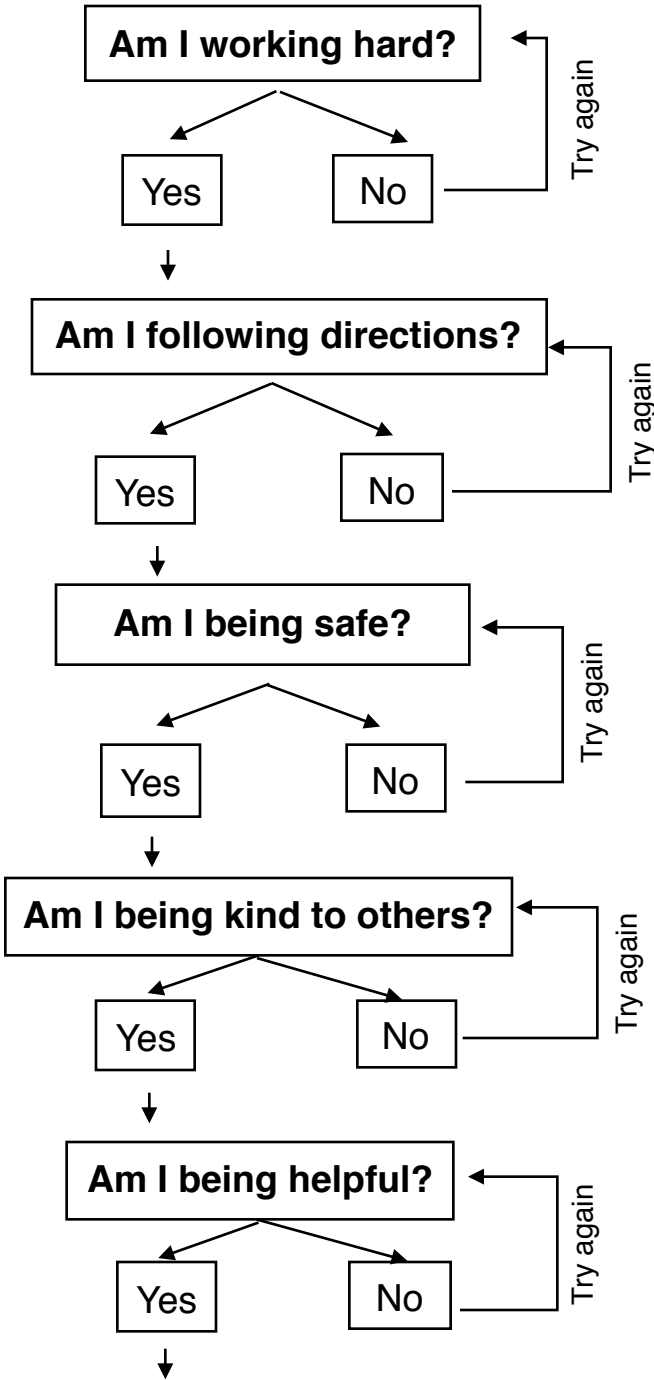
I have a checklist that I can use by myself that can help me figure out if I am being a good guy and if she is happy with me.

My teacher will help me learn to use the Good Guy Checklist so I can use it by myself.



teacher cue card

# Good Guy Checklist



**I am a Good Guy!**

**Good Guy = Happy Thoughts (I know this! I don't have to ask anyone)**