HELP! Me... HELP! You!

- "Can we work on this together to figure it out?"
- "What should I focus on next?"
- "Can I get some help to move forward with this?"
- "Can we break this into steps so I know where to start?"
- "Can you help me understand this specific part better?"

struggle Builds strength

- "Struggle builds strength, and every challenge helps me grow."
- "My effort matters, and every step I take is progress."
- "I can learn and improve, even when things feel tough."
- "I can take on challenges one step at a time and keep moving forward."
- "I can try new strategies and find a way that works for me."

- "Mistakes mold mastery, and every error helps me learn and grow."
- "I celebrate my effort and progress, knowing perfection isn't the goal."
- "Each mistake is an opportunity to reflect, improve, and try again."
- "I see challenges as chances to build my skills and grow stronger."
- "Every step forward, even with mistakes, brings me closer to success."

- "What new ideas can I explore in this task?"
- "What's one small thing I can try to see what happens?"
- "Which approach do I think would work best for solving this problem?"
- "What do I think will happen if I try it this way?"
- "How can I celebrate what I've learned from trying something new?"

- "What small steps can I take today to make progress?"
- "What's the next step I can focus on to keep moving forward?"
- "How can I remind myself of past successes to stay motivated?"
- "What's one thing I can do differently to improve next time?"
- "What small goal can I set for myself today to feel accomplished?"

3 B4 me...

- "Have you checked the Board?"
- "Have you checked Canvas?"
- "Have you checked our class calendar?"
- "Have you checked your resources - notes...your friends?"
- "Have you checked your email?
- "Have you tried to google it?"