

# I Don't Get Upset When I Make Mistakes

Topic: How to Remain Calm When You Make a Mistake



I am baking cookies with my sister. The bowl of cookie dough I am carrying slips and falls on the table.

Some of the dough falls out onto the table and my sister starts to laugh.

At first, I am mad that she is laughing.

Then I realize it must have looked funny when the bowl fell.

Then I laugh, too. We have a good time laughing about it.

## The Facts

- Sometimes it's good to laugh at yourself when you make mistakes.
- Everyone makes mistakes.

## Questions

How do you feel when you make a mistake?

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Think of a time you made a mistake. What happened?

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Does it look like the girls in the picture were able to laugh at the mistake instead of getting upset? How can you tell?

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