



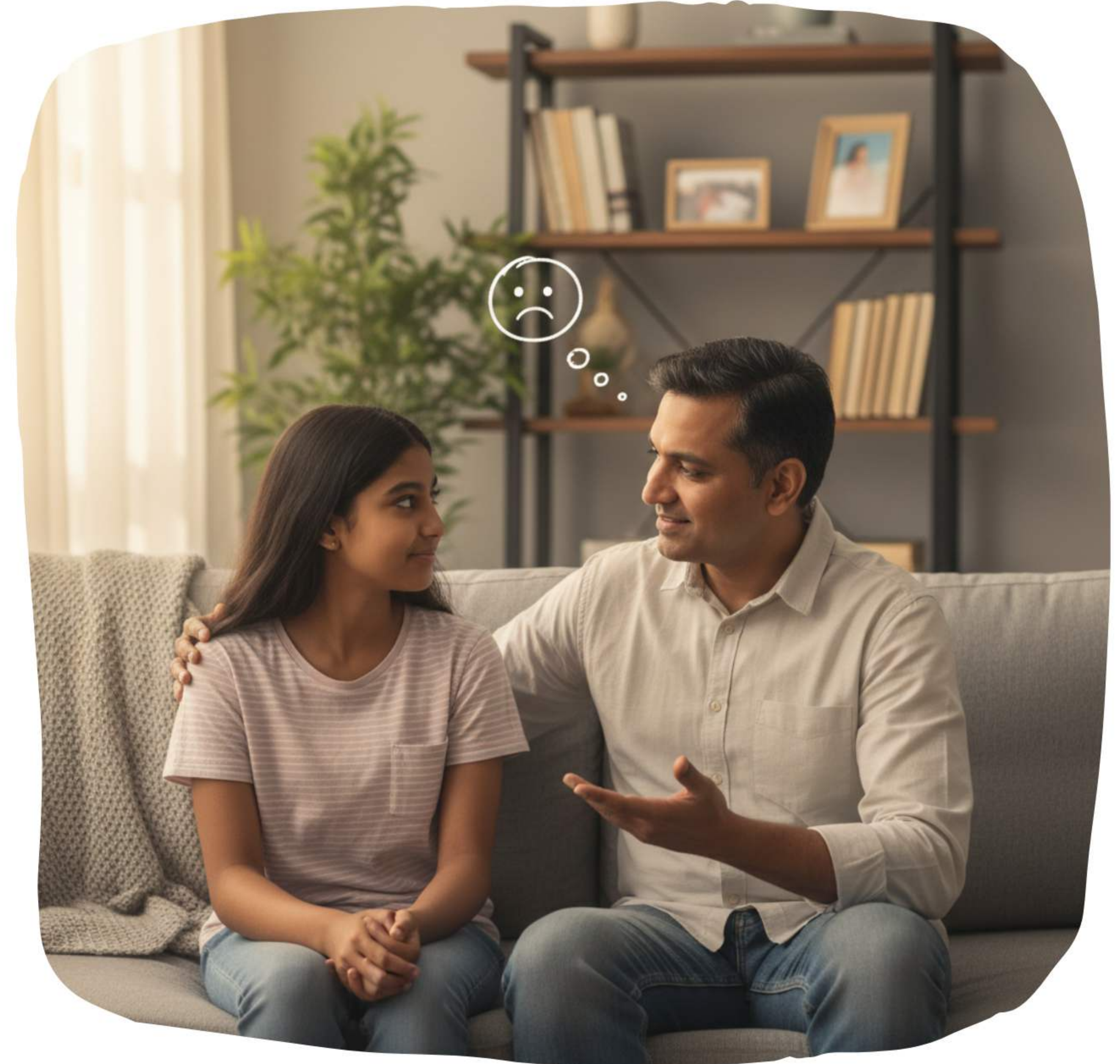
“Sometimes people tell me ways I can improve or do something better.”



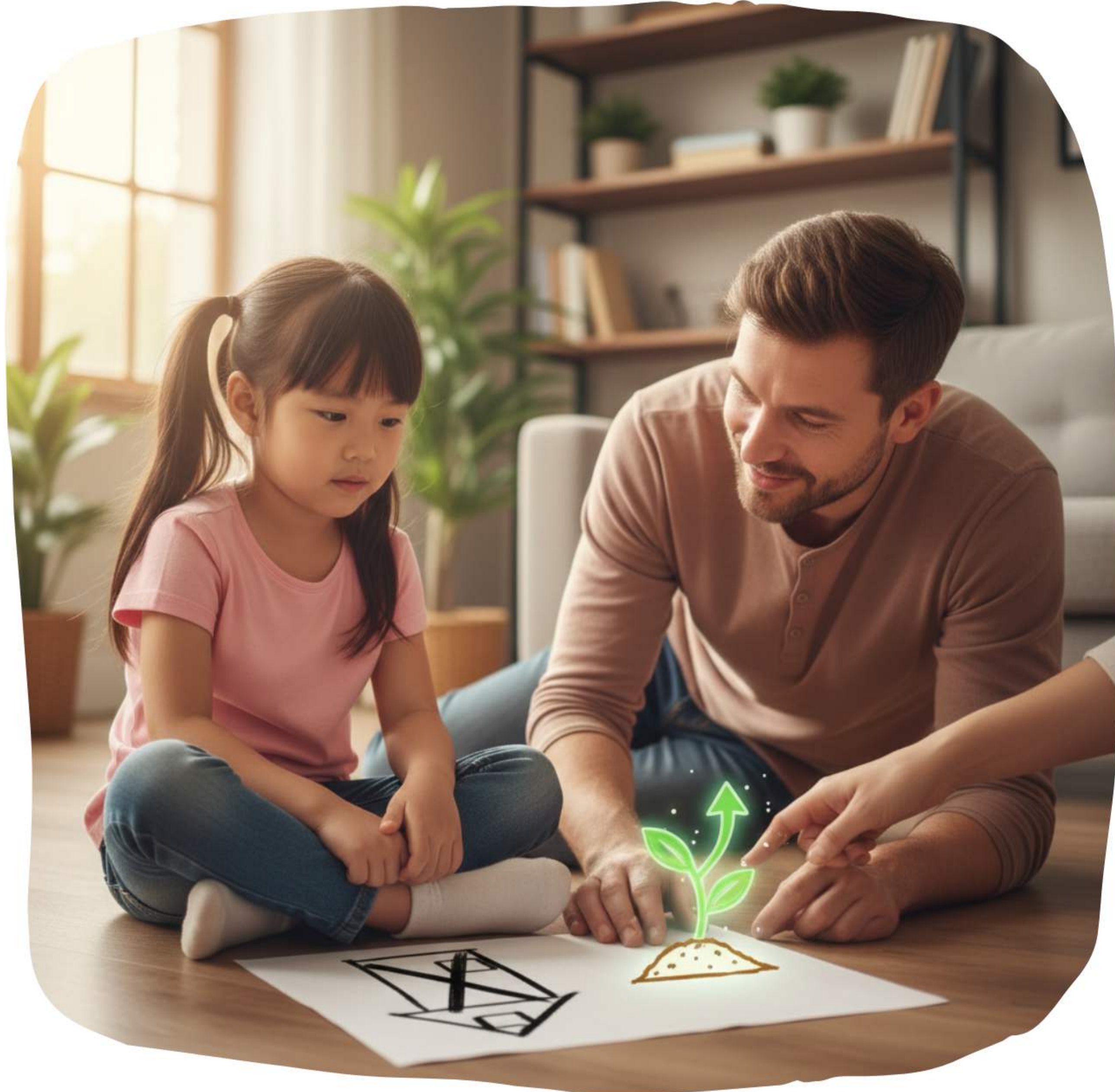
“This is called criticism, and it can be hard to hear.”



“When I hear criticism, I might feel sad, embarrassed, or confused.”



“These feelings are normal. Many people feel this way.”



“Criticism doesn’t mean I’m bad. It means someone is trying to help me grow.”



“I can take a deep breath before reacting.”



“I can remind myself that I’m still learning.”



“I can listen carefully to understand what the person is saying.”



“Sometimes criticism helps me get better at something.”



“If I don’t understand, I can ask a kind question like, ‘Can you show me?’”



“I can talk about how I feel if the criticism feels too sharp or hurtful.”



“Not all criticism is helpful, and that’s okay too.”



“I can choose what advice helps me and let go of what doesn’t.”



“Each time I learn from criticism, I grow stronger and more confident.”



“People give criticism because they believe I can improve.”



“Handling criticism helps me learn, grow, and become the best version of myself.”



Vocabulary

- Criticism

A: Feedback that tells me how I can improve. (Correct)

B: A joke someone tells.

- Improve

A: To get better at something. (Correct)

B: To forget something important.

- React

A: How I respond to something that happens. (Correct)

B: To stay completely still.

- Helpful

A: Something that supports me or makes me better.
(Correct)

B: Something that hurts my feelings on purpose.

- Confident

A: Feeling sure of myself. (Correct)

B: Feeling unsure and scared.



Spellings

A: Lurn

B: Learn (Correct)

A: Show (Correct)

B: Shou

A: Better (Correct)

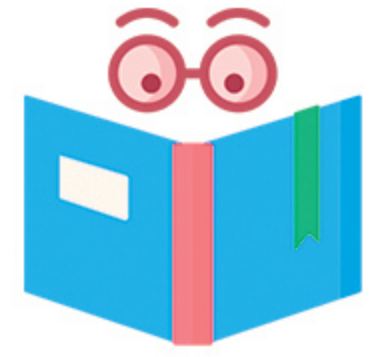
B: Bettor

A: Halp

B: Help (Correct)

A: Strongg

B: Strong (Correct)



Comprehension

- What is criticism?

A: Feedback that helps me improve. (Correct)

B: Mean words that make me feel bad.

- What can I do before reacting to criticism?

A: Take a deep breath. (Correct)

B: Respond quickly without thinking.

- What should I do if I don't understand the criticism?

A: Ask a kind question like, "Can you show me?"
(Correct)

B: Ignore the person completely.

- Is all criticism helpful?

A: Not always, and that's okay. (Correct)

B: Yes, everything people say must be followed.

- How does learning from criticism help me?

A: It helps me grow and get better. (Correct)

B: It makes everything harder.



Open-Ended Questions

- How do you feel when someone gives you criticism?

- What helps you stay calm when you hear something you didn't expect?

- What kind of criticism feels helpful to you?

- Who do you like to ask for advice when you want to improve?

Role-Play Activity

- **Scenario 1**

Someone tells you how to do something better. → Practice taking a deep breath before responding.

- **Scenario 2**

You're unsure what they mean. → Practice asking, "Can you show me?"

- **Scenario 3**

The criticism felt sharp. → Practice telling a trusted adult how you feel.

- **Scenario 4**

You receive helpful feedback. → Practice trying again with the new advice.