



“Sometimes I want to do everything just right.”



“I try my best because I care about what I’m doing.”



“But sometimes things don’t turn out the way I imagined.”



“This can make me feel disappointed or upset.”



“It’s okay to feel that way. My feelings are real.”



“I am learning that nobody is perfect—not even grown-ups.”



“Perfect isn’t the goal. Doing my best is enough.”



“When something is hard, I can take a deep breath.”



“I can remind myself, ‘I don’t have to be perfect to be amazing.’”



“Even if I make mistakes, I can still try again.”



“Trying again helps me grow and learn new things.”



“I can celebrate the effort I put in, even when the result isn’t perfect.”



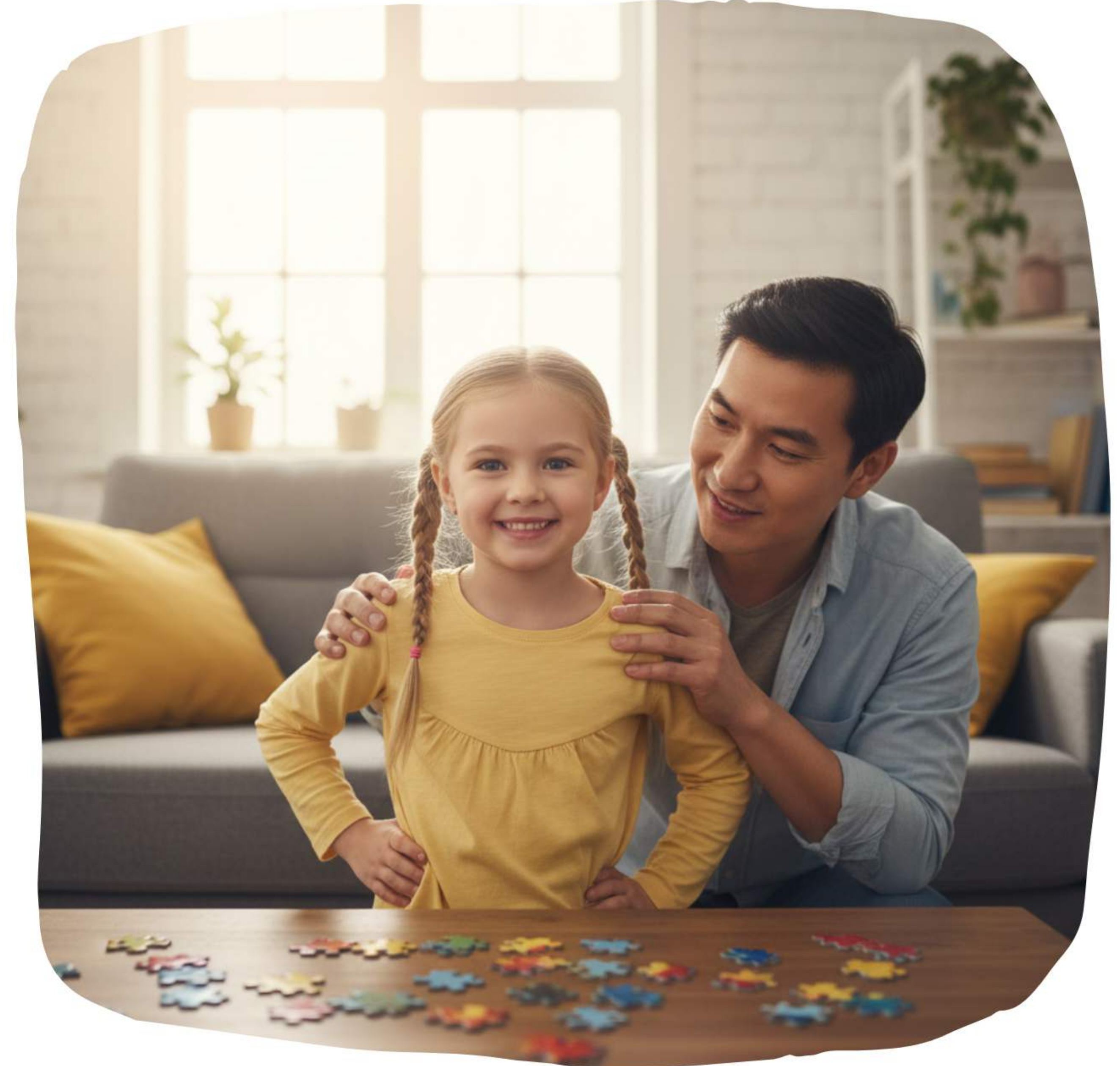
“People who care about me are proud of my courage and effort.”



“I am still good, smart, and talented, even when things aren’t perfect.”



“My best is enough, and I am enough.”



“It’s okay not to be perfect. What matters is that I keep trying.”



Vocabulary

- Perfect

A: Something with no mistakes at all. (Correct)

B: Something done quickly without care.

- Disappointed

A: Feeling sad when something doesn't go how I hoped. (Correct)

B: Feeling excited and happy.

- Courage

A: Being brave enough to keep trying. (Correct)

B: Being afraid to do anything new.

- Effort

A: The hard work I put into something. (Correct)

B: Doing something without trying.

- Amazing

A: Something wonderful or special. (Correct)

B: Something boring.



Spellings

A: Perfekt

B: Perfect (Correct)

A: Trigh

B: Try (Correct)

A: Again (Correct)

B: Agane

A: Enuf

B: Enough (Correct)

A: Brave (Correct)

B: Braive



Comprehension

- What does it mean when something doesn't turn out the way I imagined?
A: I might feel disappointed. (Correct)
B: It means I should stop trying.

- What should I remember when I make a mistake?
A: It's okay—I can try again and learn. (Correct)
B: I must be perfect every time.

- Who makes mistakes sometimes?
A: Everyone, even grown-ups. (Correct)
B: Only young children.

- What matters more than being perfect?
A: Trying my best and learning. (Correct)
B: Getting everything right the first time.

- How do people who care about me feel when I try my best?
A: Proud of my effort. (Correct)
B: Upset that I'm not perfect.



Open-Ended Questions

- When was the last time you felt disappointed, and what helped you feel better?

- What is something you find tricky but still keep trying?

- How do you feel after giving your best effort?

- What kind words can you say to yourself when things aren't perfect?

Role-Play Activity

- **Scenario 1**

You made a mistake in your homework. → Practice saying, “It’s okay. I can fix it.”

- **Scenario 2**

Your drawing didn’t look the way you wanted. → Practice celebrating your effort.

- **Scenario 3**

A task feels hard and you want it to be perfect. → Practice taking a deep breath and trying again.

- **Scenario 4**

Someone else does something better than you. → Practice saying, “My best is enough.”