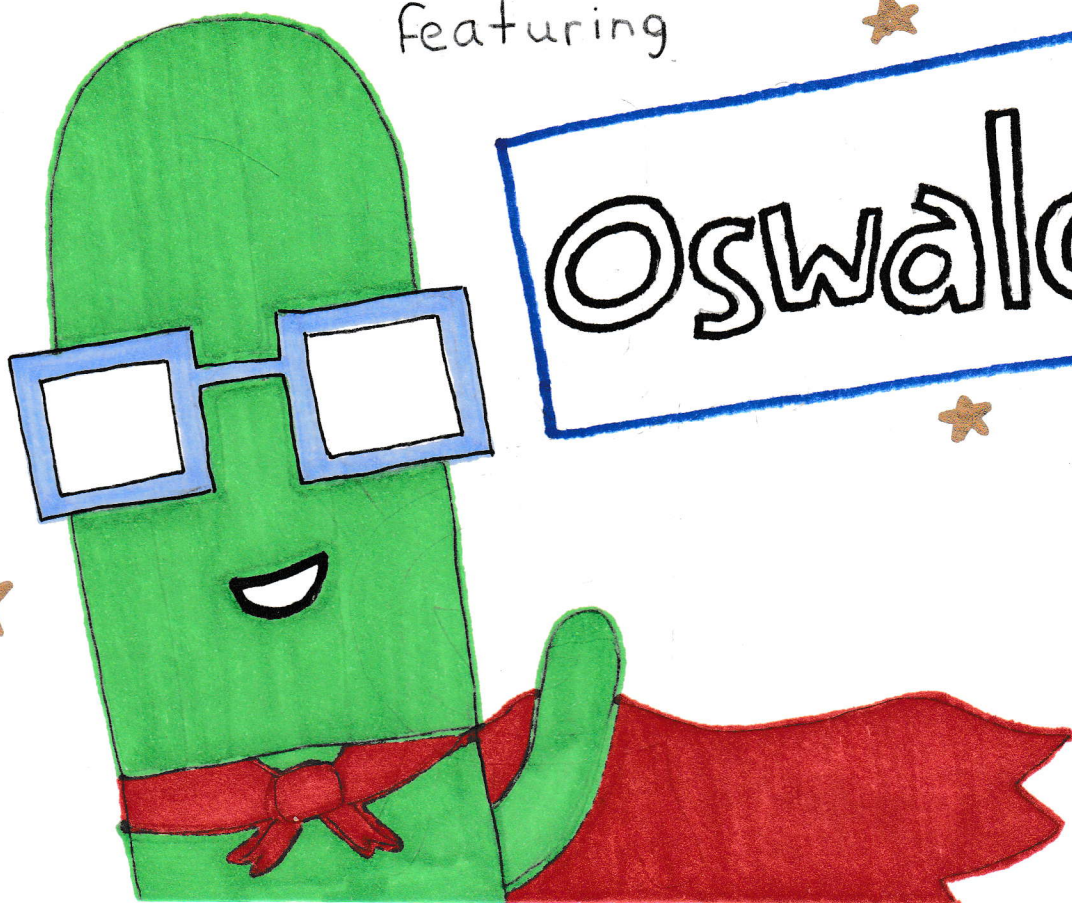


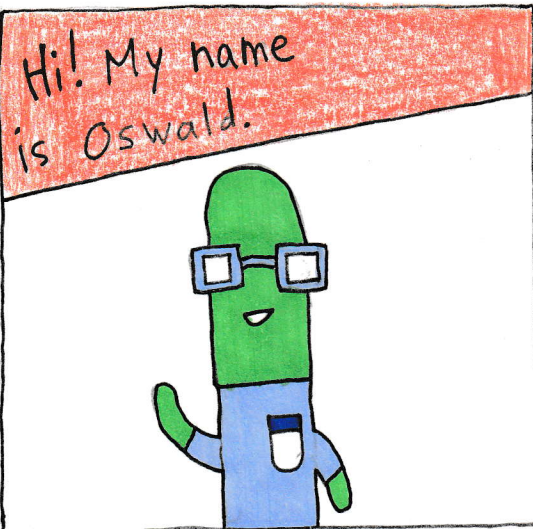
(un)

Stuck

featuring

Oswald

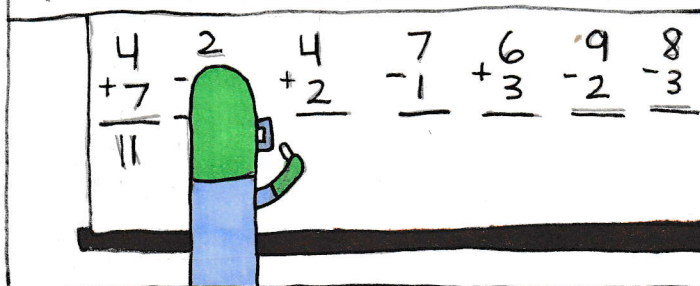




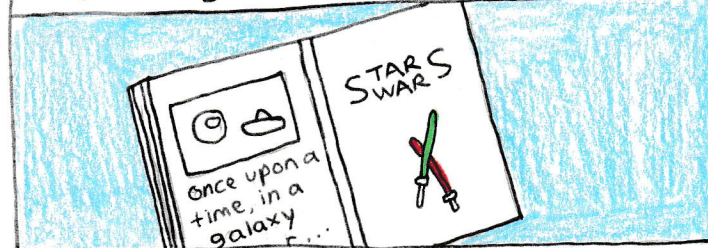
By day, I am a student
in Ms. Hager's classroom.



I work on math...



Reading...



Name: **OSWALDO**

Directions: Fill in
the missing letters.

H _ p p _ Fr _ d _ _

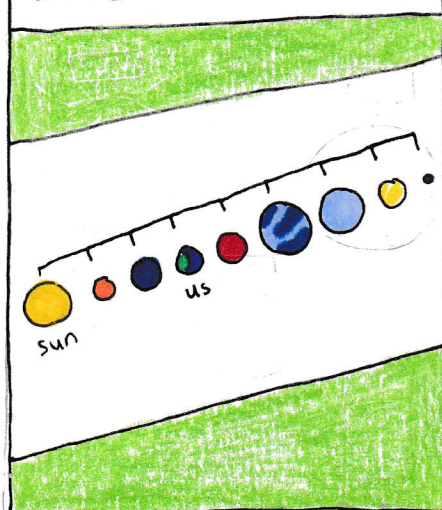
_ v _ r _ _ n _ !

_ n j _ _ _ _ _ r

w _ _ k _ n d !

Spelling...

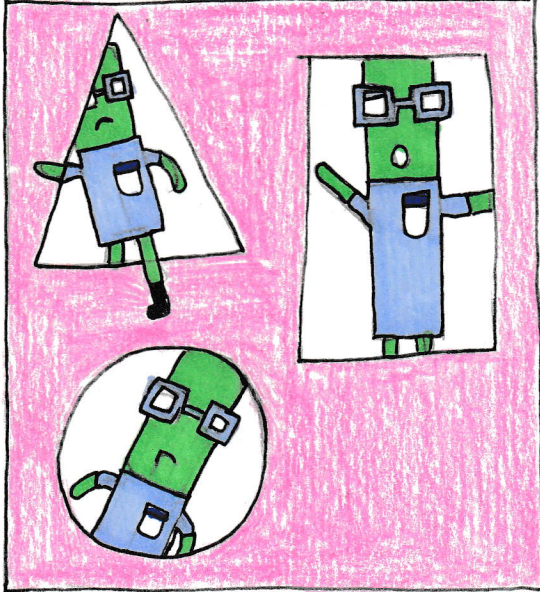
Science...



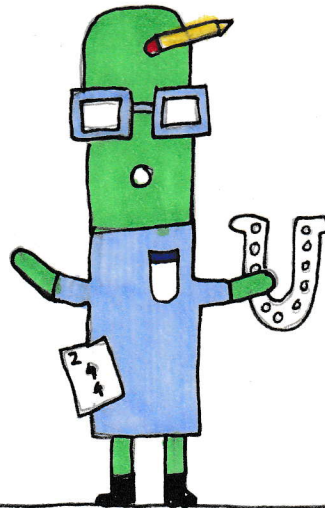
And getting

**un-
stuck!**

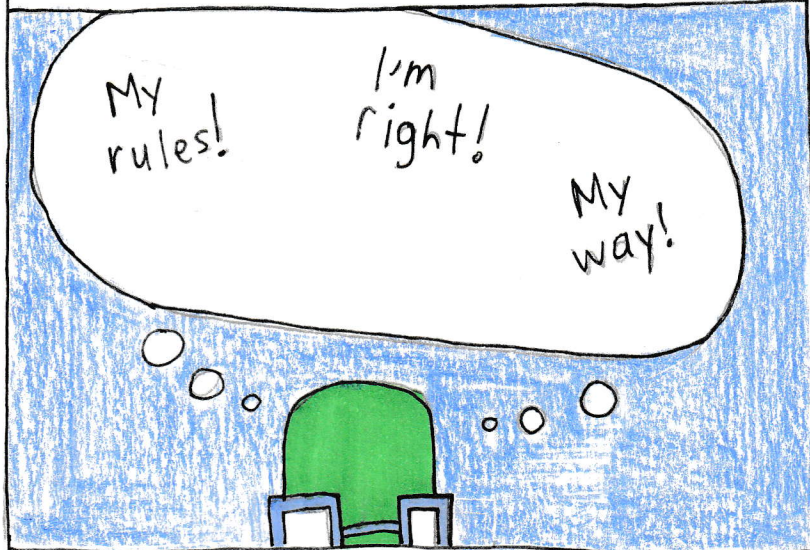
I get stuck a lot.



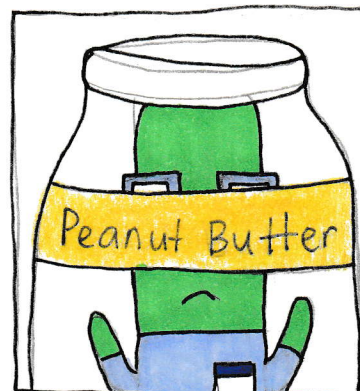
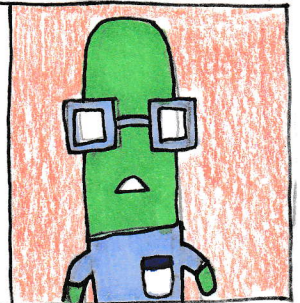
Sometimes, I get too stuck to things.



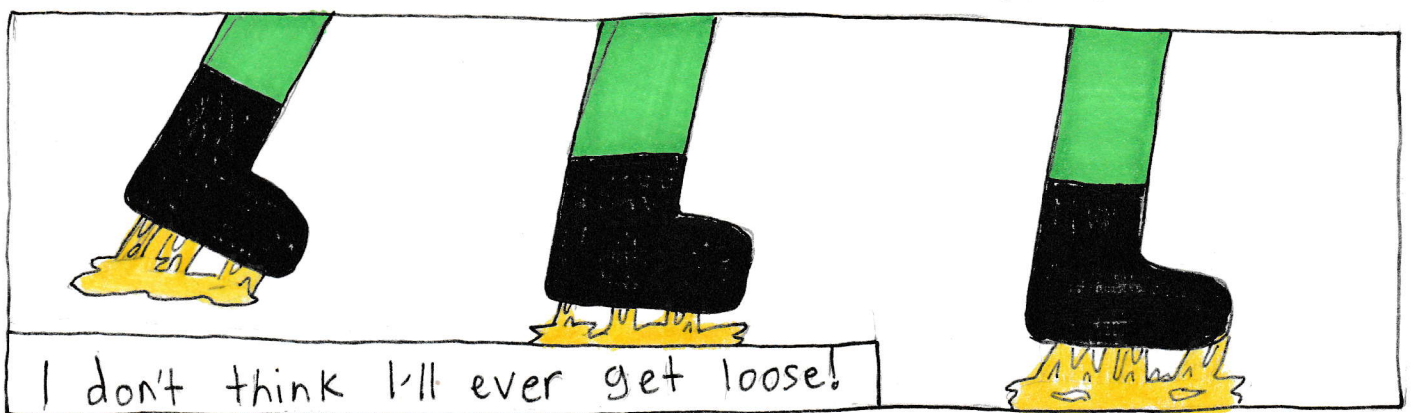
Most of the time, I get stuck ON things, in my head.



When I get stuck, it is hard to get unstuck.

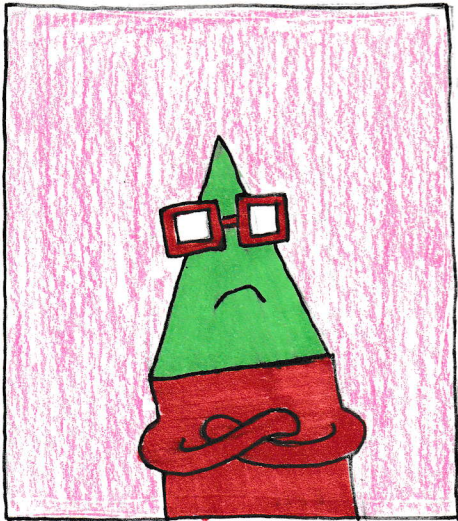


I feel like I'm trapped in peanut butter!



I don't think I'll ever get loose!

People have a hard time being around me when I get stuck in my head.

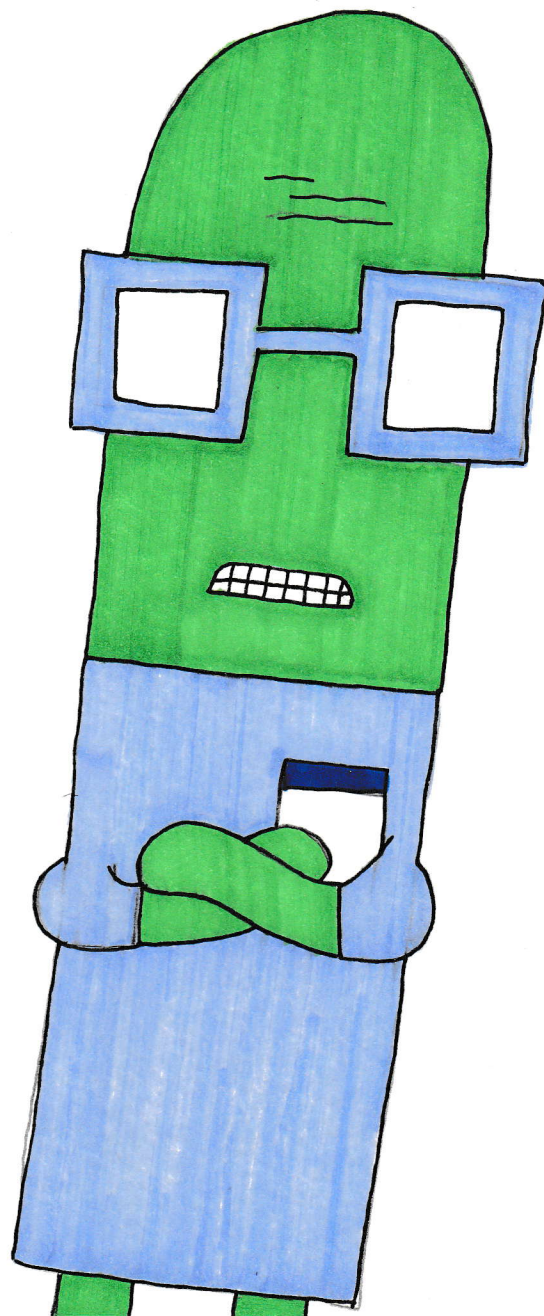
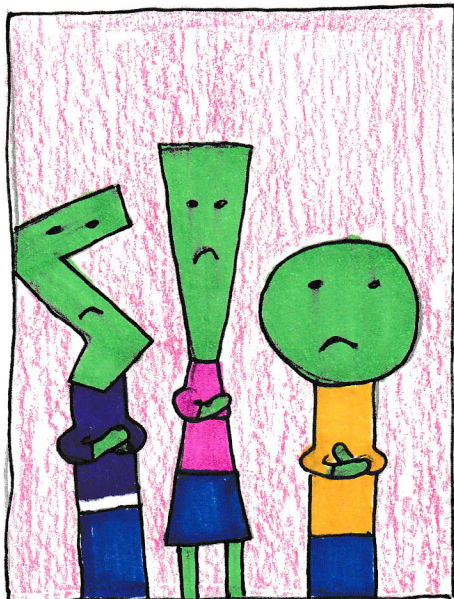
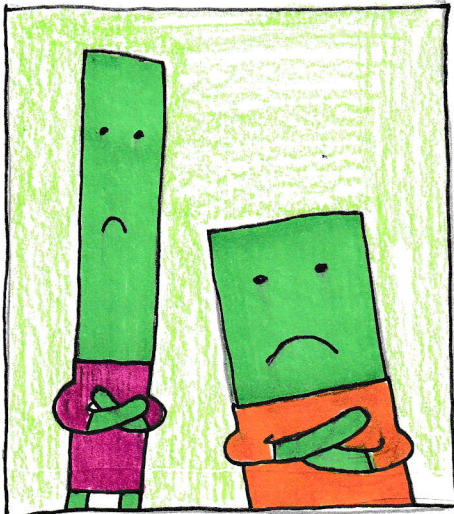


my teacher

my parents

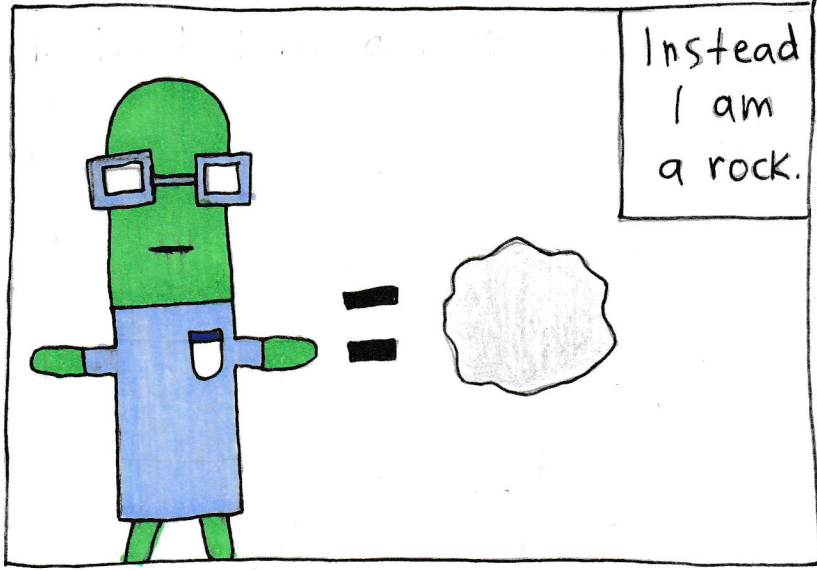
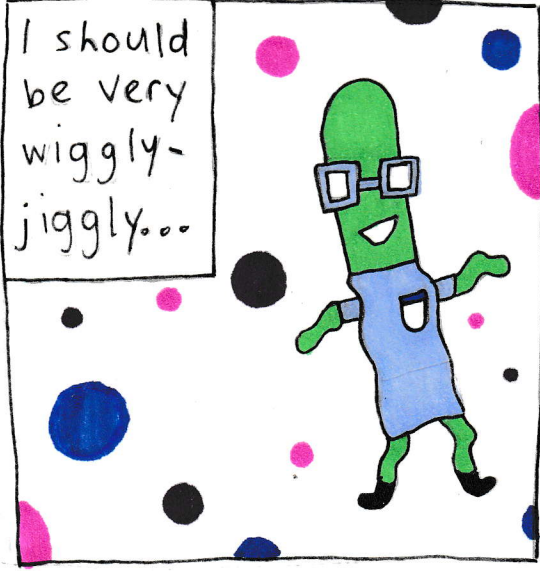
my friends

Even I get a little frustrated at myself when I get stuck in my head. I wish I could unstick.

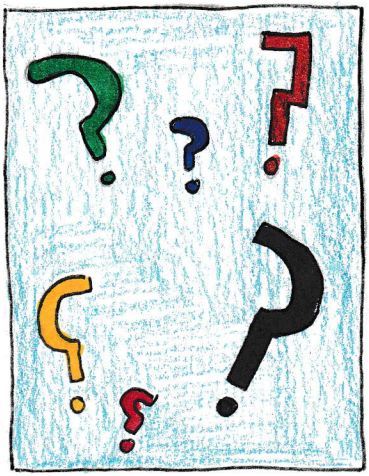


I know I need to be more flexible.

But I just get too rigid.



So how do I get
Un-stuck

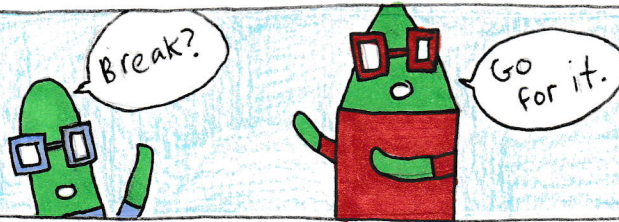


**Follow these
RULES** ➡

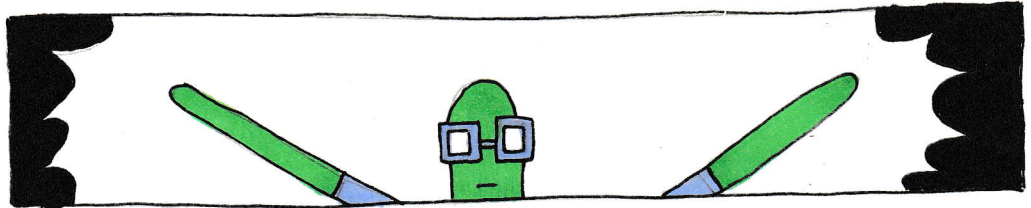
1

Step Back

Take a break.



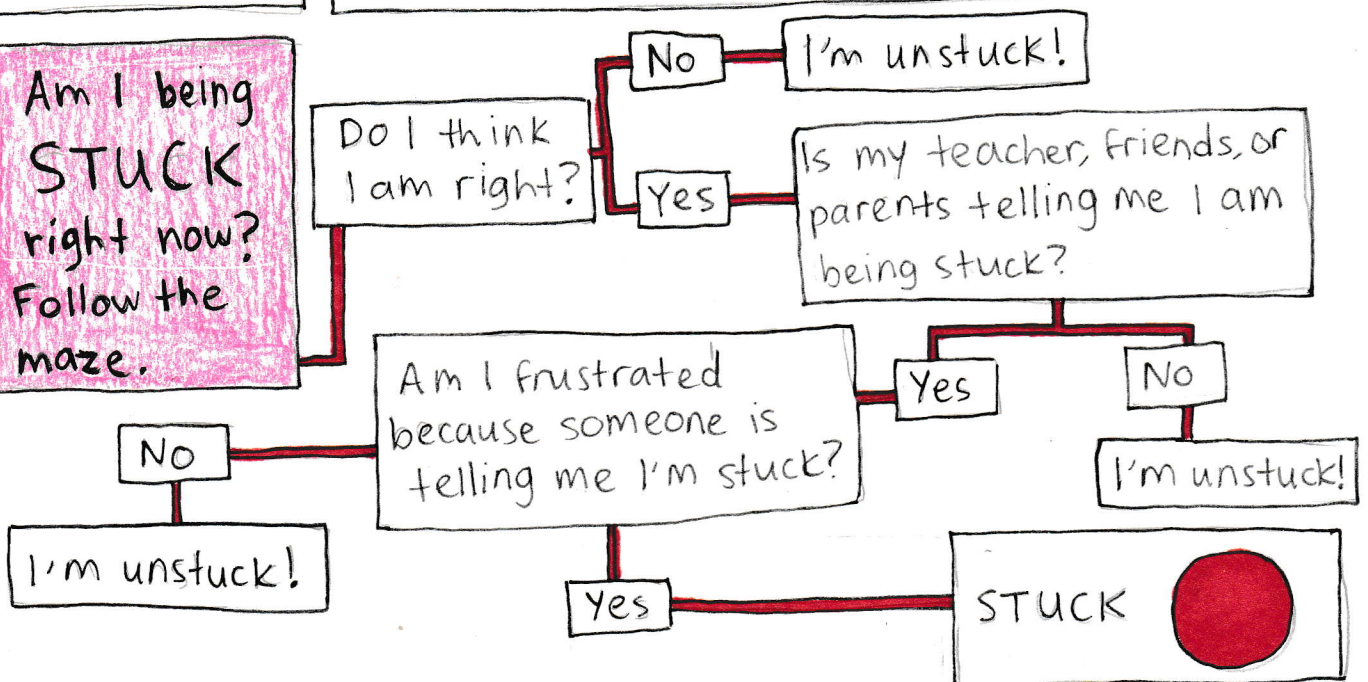
Give yourself some space.



2

Question

Am I being **STUCK** right now?
Follow the maze.

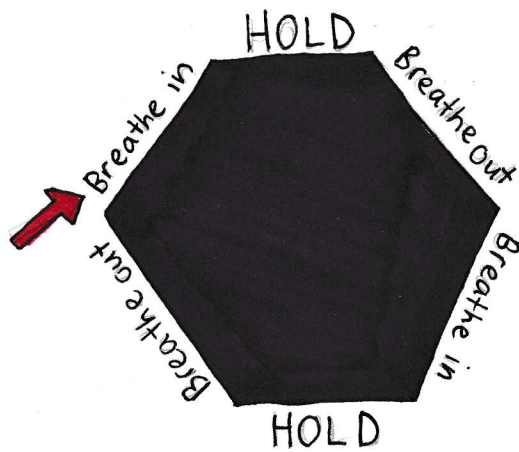
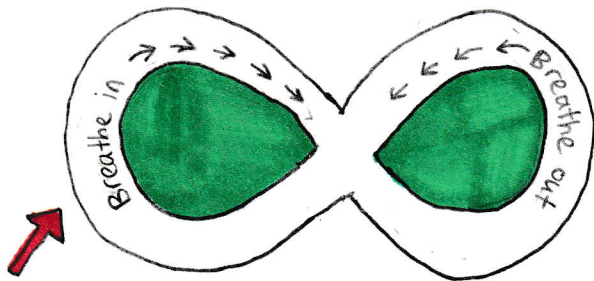


3

Breathe

Do a "Lazy 8". Do it twice.

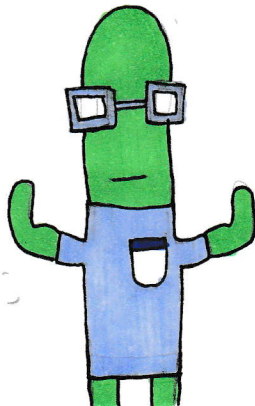
Do "6 sides of breathing".



4

Compromise

I **can**
flex a
bit.

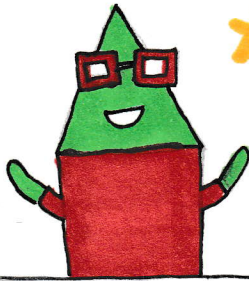


I **can** follow
the rules.

I **can** do
this task.

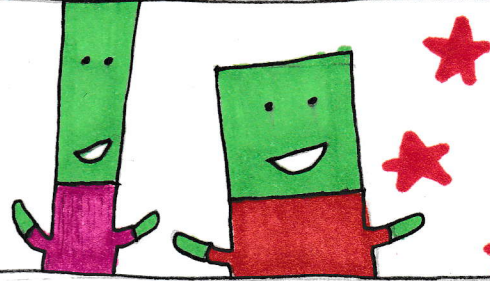
And then I'm unstuck!

My teacher
is happy!

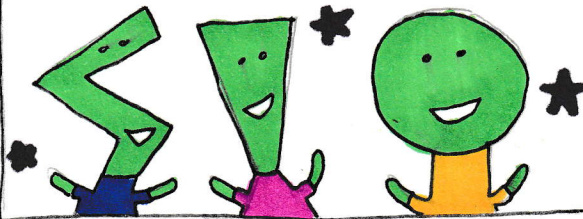


Everything is better!

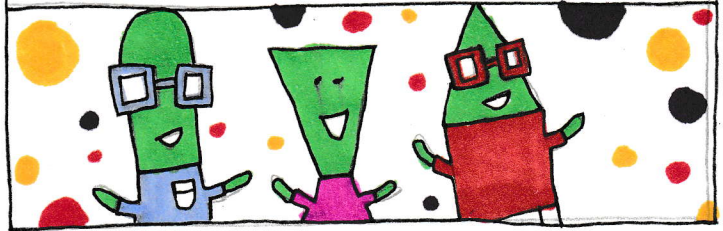
My
parents
too!



And my friends!



I smile and have more fun!



When I'm UNSTUCK, I feel so much better about myself!

