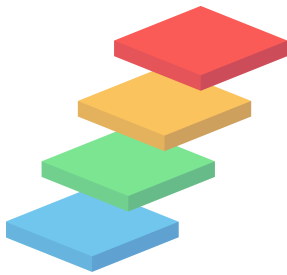


## Trying New Things

Sometimes I need to learn or do something that feels hard. It might be a new game, a challenging math problem, or playing a new instrument. When I first try something hard, I might feel frustrated or worried that I won't do it perfectly. This is a normal feeling. Many people feel this way when they try new things.



I can start by breaking it down into small steps. For example, if I'm learning a new game, I can first learn the basic rules, then try one practice round, and then ask someone to help if I get stuck. If I make a mistake, I can tell myself, "It's okay. Mistakes help me learn."

I can ask a grown-up, a teacher, or a friend for help if I need it. They might show me a different way to try. When I keep trying, I will get better. With practice, hard things often become easier. I can feel proud of myself for not giving up. Trying something difficult can feel uncomfortable at first, but the more I try, the more I learn. And when I succeed, it feels really good!

