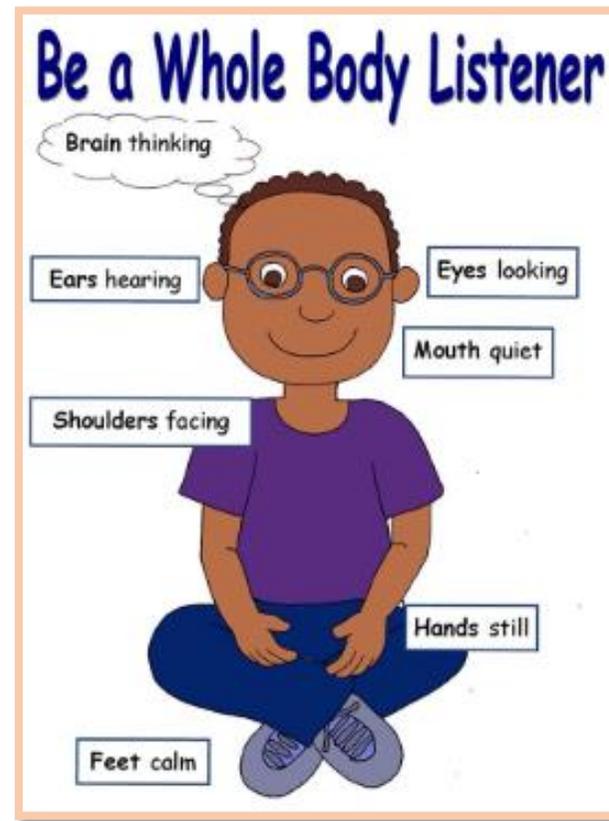


Self-regulation: Listening and following instructions

Reception

Listen	Using your ears to hear carefully.
Listening	Paying close attention when someone is talking.
Understanding	Knowing what something means.
Truth	Saying or knowing what is real.
Feelings	The way you feel inside, like happy, sad, or angry.
Honest	Telling the truth and being fair.



Can you play listening games and follow the instructions?

You should tell the truth because it helps people trust you, makes you feel good inside, and keeps everyone safe and happy.

