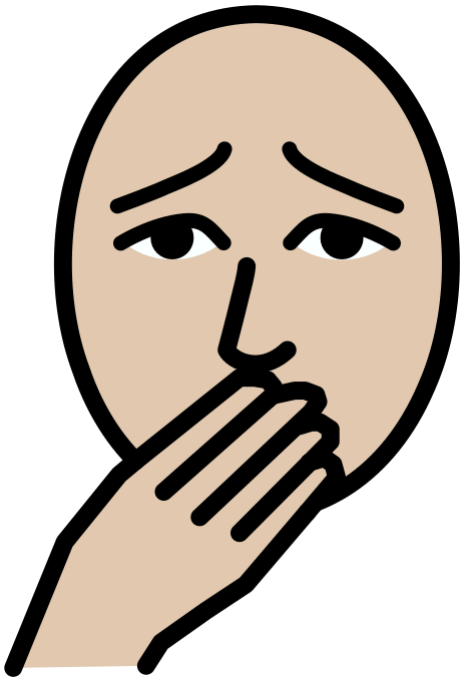
Feeling embarrassed



Sometimes, things happen that make me feel a little funny inside.

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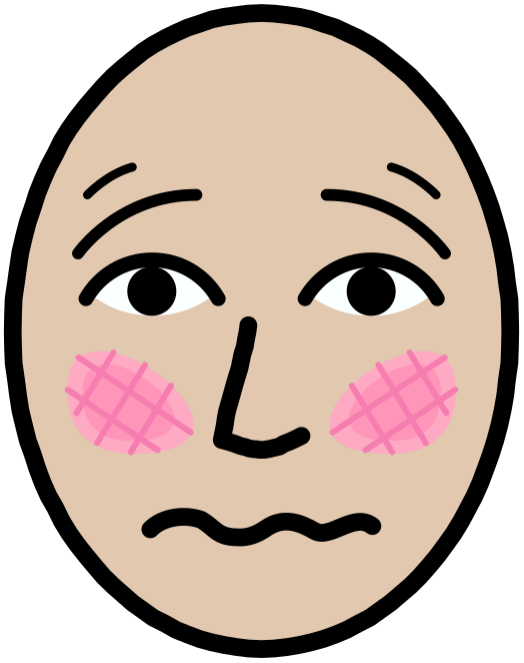
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I might drop something, make a mistake, or people may look at me.

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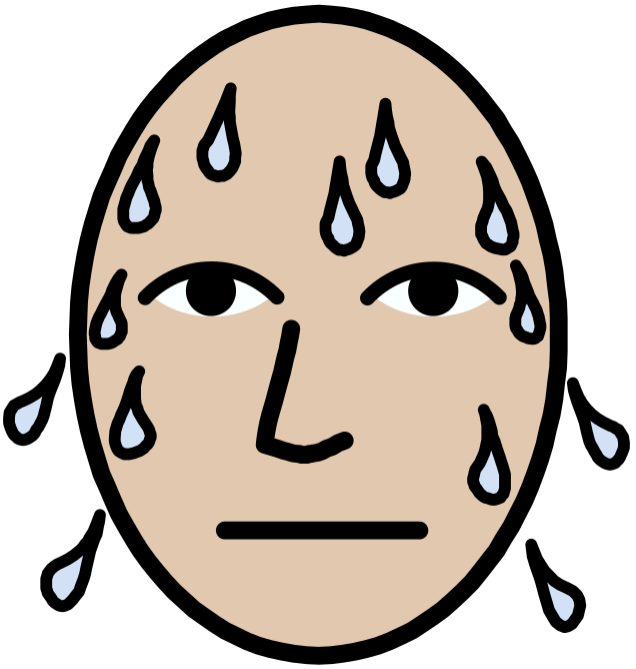
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When this happens, I might feel embarrassed.

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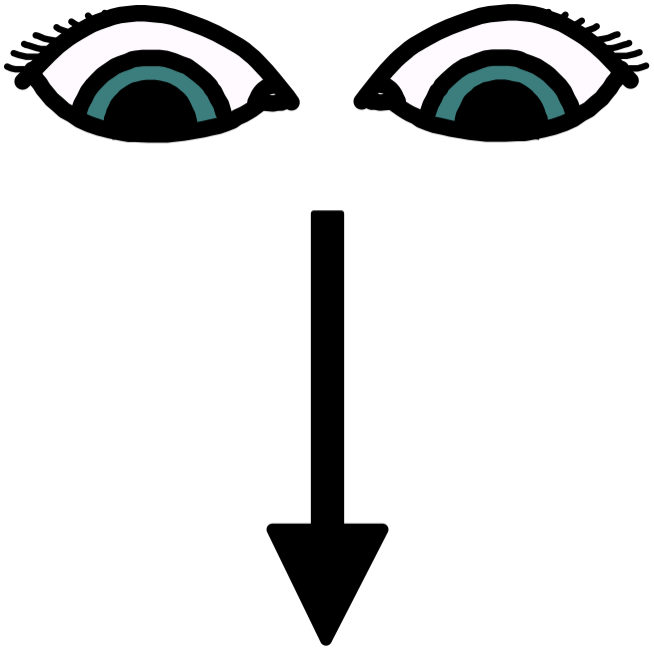
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Feeling embarrassed is when I feel warm, shy, or want to hide.

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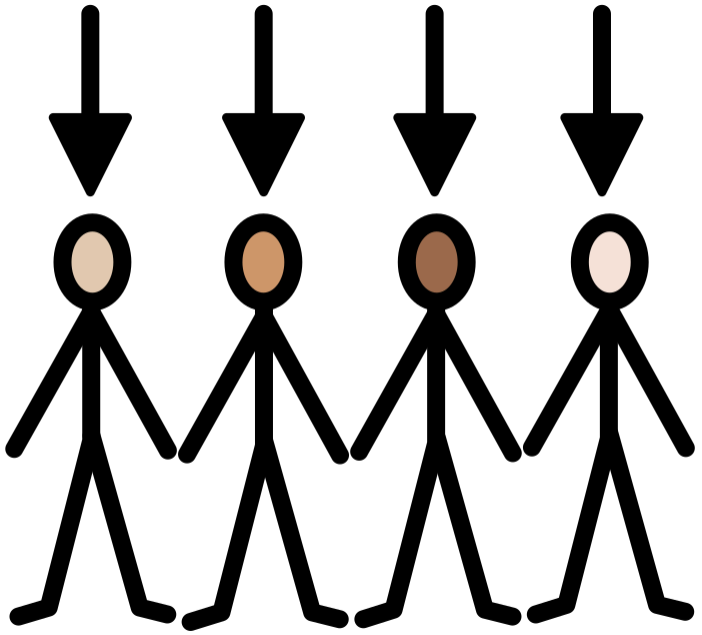
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My face might feel hot, or I might look down or cover my face.

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Everyone makes mistakes and feels embarrassed sometimes.

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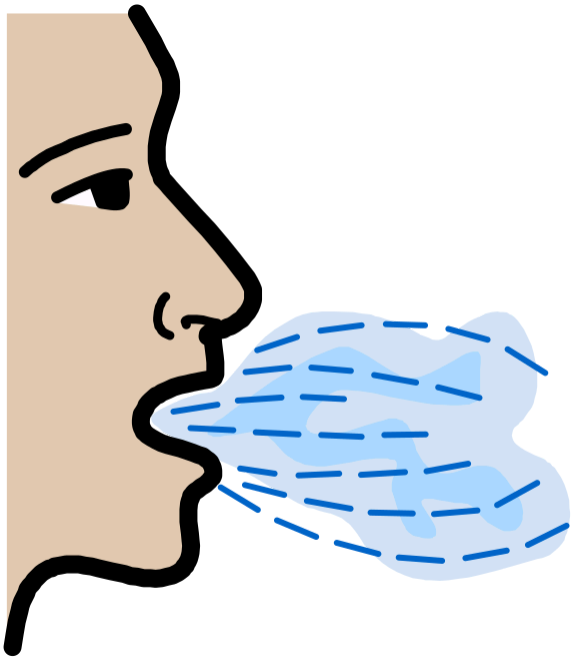
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It's okay to feel embarrassed.

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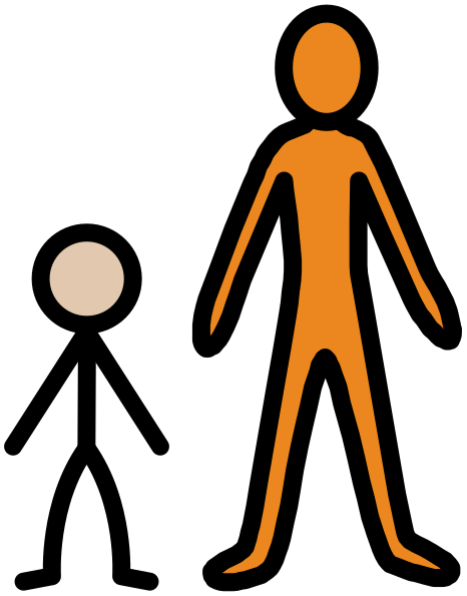
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When I feel embarrassed, I can take a deep breath.

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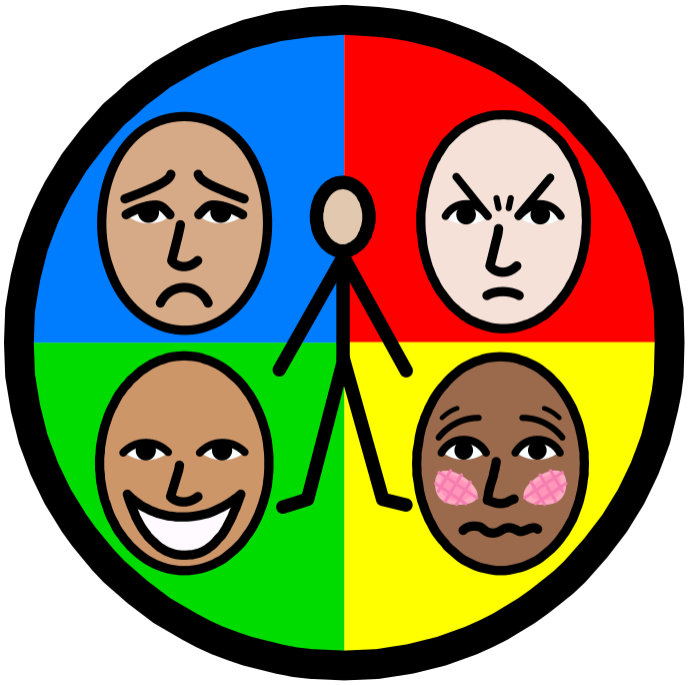
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I can tell an adult how I am feeling. The adult can help me.

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I can use some of my Zones Tools to help me.

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When the feeling passes, I can keep doing my work or playing again.

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