

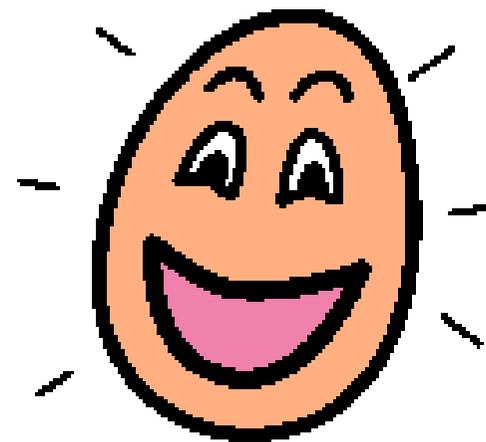
Let's just do it  
once!



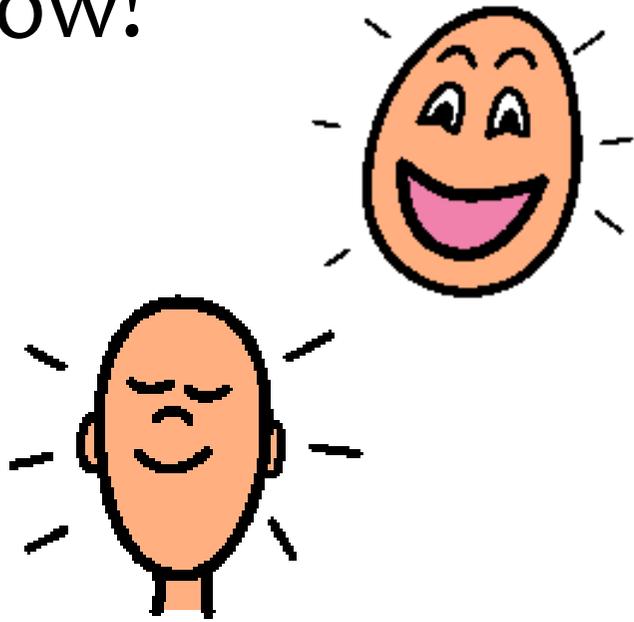
**Talking Matters**  
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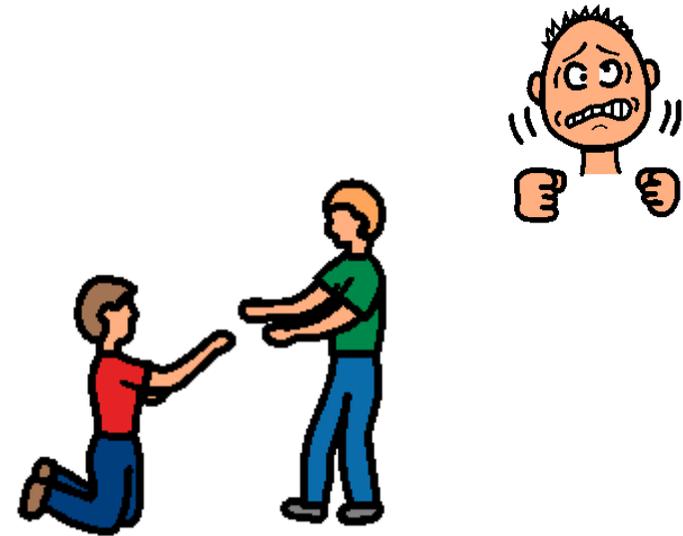
Sometimes things  
go just the way I  
like it and I feel  
happy!



Sometimes I need help. I am getting good at letting people help me now!



Sometimes I don't want help and then I feel cross when people do things for me.



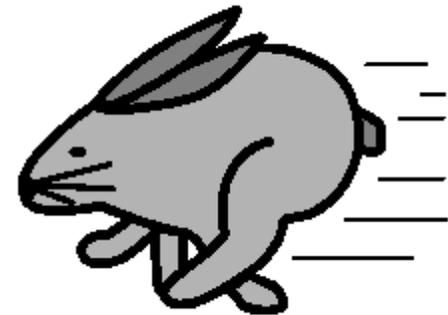
People help me  
because they are  
being nice



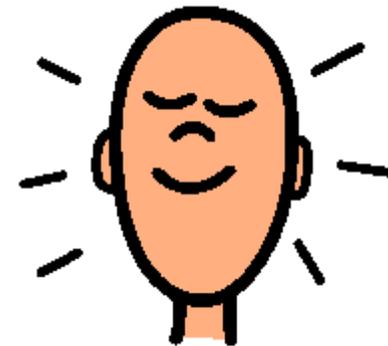
and sometimes  
because they are  
in a hurry.



They help me so I  
can do it quicker



or better...



Sometimes I think  
about doing it  
again...

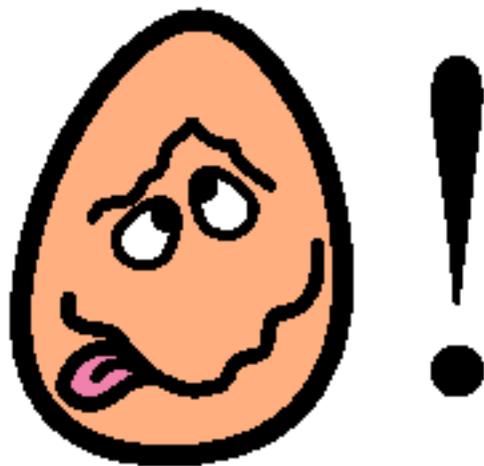


But it's already  
been done!

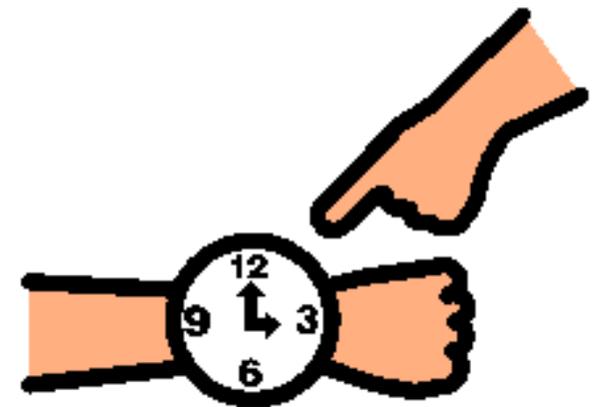
When the jobs  
done its finished!



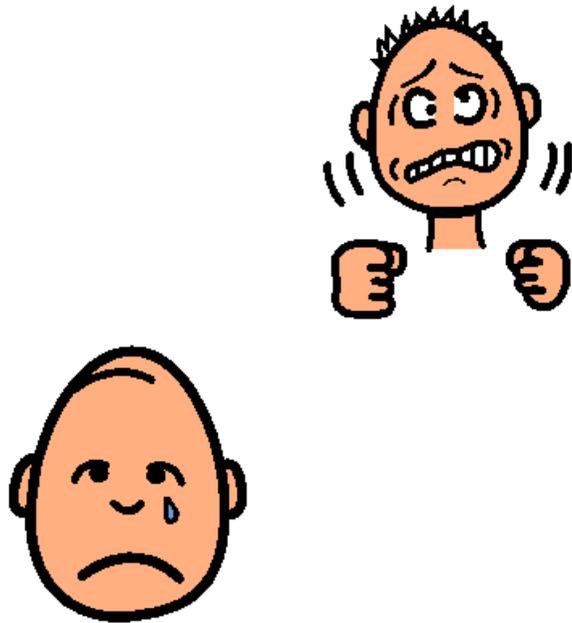
Doing it again  
would be a bit  
silly!



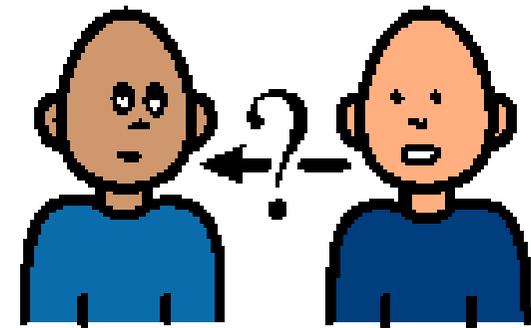
When I do the job  
again it takes more  
time..



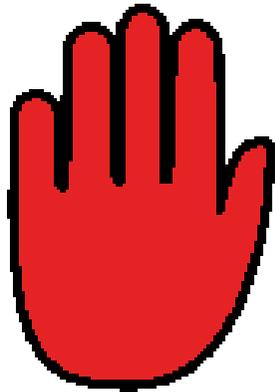
It also makes the person who helped me feel bad



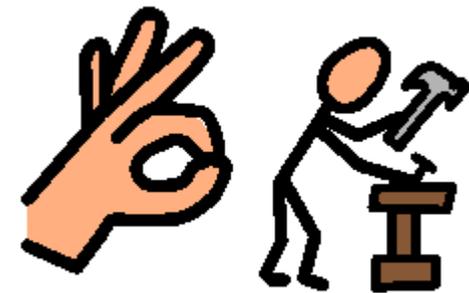
Even when I didn't want help I can say "Thanks for your help"



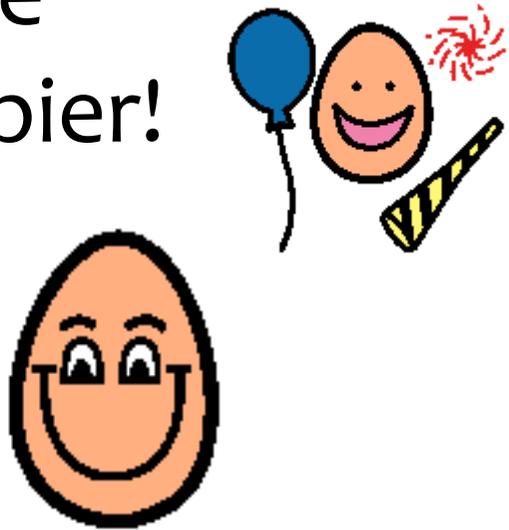
When someone helps me when I didn't want them to, I can tell myself "Its okay, at least its finished now!"



I can find the next thing I need to do and start doing that instead!



If I remember to  
let people help me  
and do things just  
one time we will  
all be  
happier!



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