I go to school to learn. Learning is fun!

I sit at my desk to learn.
When the teacher is talking, I keep my voice off.

I can listen to the teacher when my voice is off.

At my desk, I keep my hands and feet to myself.
I can listen and learn when I keep my hands and feet to myself.

Sometimes I get the wiggles when I am sitting in my chair.
If I get the wiggles, I can get a fidget from my pencil box to help me listen.

If I am still having a hard time sitting in my chair, I can ask my teacher for help.
If I need to wiggle, I can ____________________.