It's OK to Make Mistakes

Nobody is perfect - not even Spiderman! Everyone makes mistakes sometimes - that's OK. Even Spiderman makes mistakes sometimes. Everyone tries their best, but nobody can be perfect all of the time. I try my best at school to do all my work right, but sometimes I make a mistake - and that's OK.

It is OK if I make a mistake. It is OK if I don't get every answer right the first time. That doesn't mean my day is ruined or it's a bad day. My teacher just wants me to do my best work. If I make a mistake, my teacher will help me to fix it - that's what going to school is for - to learn new things. Sometimes we make mistakes when we learn new things.

Even Spiderman makes mistakes and needs help with things once in a while. I will try to remember that I can ask for help if I need it. I will try to remember that it's OK if I make a mistake. I will try not to "get stuck" with my sticky thoughts about having a bad day when I make a mistake. After all, nobody's perfect - not even Spiderman!