



My Book of Confusion






Name: _____ Age: _____ Date: _____

It's okay to feel confused sometimes! Let's figure it out together!

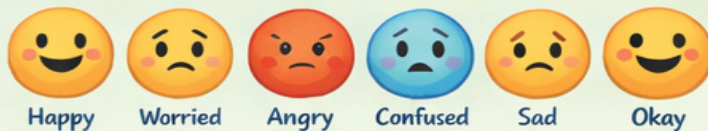
What I'm Confused About:

Draw a Picture:

Why am I Confused?

-  I didn't understand the lesson
-  I didn't hear all the instructions
-  I'm feeling tired today
-  There's too much going on
-  I'm overthinking things

How do I feel?



Happy Worried Angry Confused Sad Okay



I can work through this!



What Kind of Confusion Was It?

- Big Words
- Too Many Steps
- Unclear Directions
- Fast Talking
- Feeling Nervous to Ask
- Words That Sound the Same
- Not Knowing the Rules Yet
- Tricks That Don't Work Every Time
- Something Missing
- Too Much Noise or Distraction

How it makes me feel:



Happy



Okay



Confused



Worried



Frustrated

★ I am smart for noticing confusion. ★

★ Confusion helps my brain learn. ★