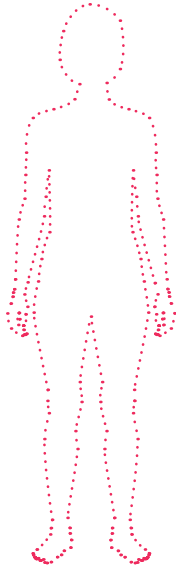# EXERCISE 01
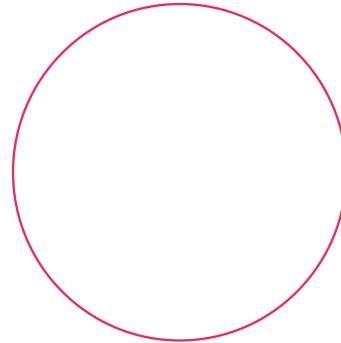
FRONT          BACK
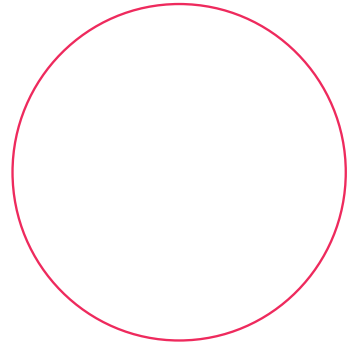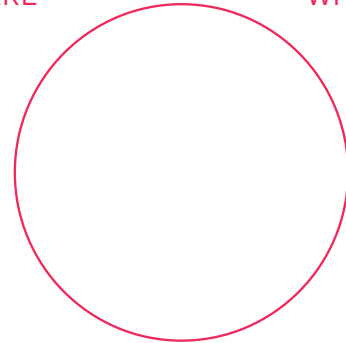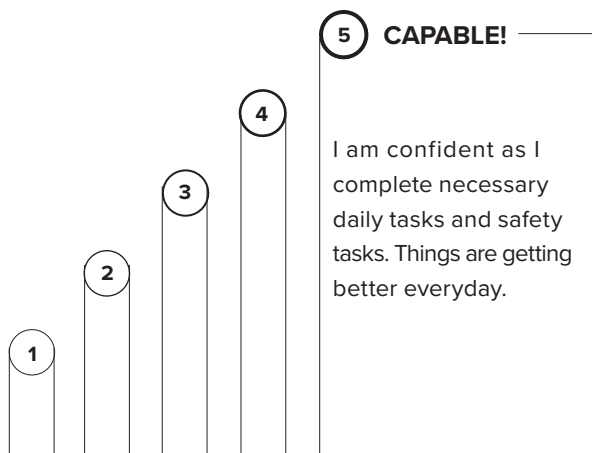
# EXERCISE 02

WHERE                    WHEN

WHO

# EXERCISE 03
THE OBSTRUCTIONS ARE:

# EXERCISE 04

IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

# EXERCISE 05

**5** **CAPABLE!**

**4**

**3**

**2**

**1**

I am confident as I complete necessary daily tasks and safety tasks. Things are getting better everyday.

# EXERCISE 06

**5** **CAPABLE!**

**4**

**3**

**2**

**1**

I am confident as I complete necessary daily tasks and safety tasks. Things are getting better everyday.