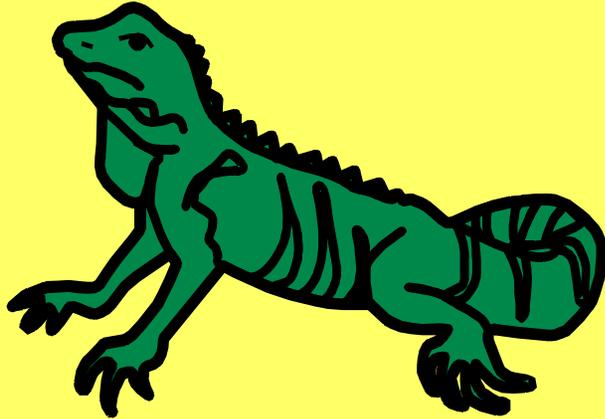


## Power Card - Using Interest

### Proud and Relaxed



Iguana's, Lizards and other  
Reptiles Practice Adapting

Reptiles Adapt

Side 1

Some things are hard for  
reptiles. Some things are  
hard for me.

Adapting helps.



When I adapt, this happens:

Head up!

Chest out!

Focus!

More energy!

Side 2

**Example of using an individual's interest (lizards) to "adapt" to different situations**

**Instructions: print, cut out both cards - laminate, trim, glue backsides together, laminate again, trim, and use!**