

Confusion Code

Monique sometimes feels confused when trying something new, when there's a change in her routine, or when she does not know the answer to something. Thanks to SAS Small Group, Monique has learned The Confusion Code, which provides clear steps to manage these moments effectively. Now when Monique feels confused, she has confidence that she can find solutions and try again.

Skill #25 of the 25 Skills in the SAS Small Group Program

Hi, I'm Monique, a Cadet with the Secret Agent Society. I have used the Confusion Code at home, school and when out and about.



After school I saw the timetable on the fridge changed. I spun my fidget spinner and wrote down what I didn't understand. At dinner, my parents and I went through the changes.



I was doing a worksheet when I saw my classmate doing it differently. I took slow breaths, re-read the instructions, and asked him some questions. Together, we decided to ask our teacher for help.



I was feeling unwell, and my dad took me to the doctor. I noticed it wasn't my usual one. So, I listened to music, took some deep breaths and held dad's hand to help stay calm.

When Monique is older, this skill may help her in situations like these:

- Using public transportation to get to her friend's house for the first time.
- Reading lengthy instructions for a university project to outline a clear plan.
- Navigating around an airport to arrive on time at her terminal.