



Sponge Bob says...  
Picking your fingers is not cool.

When Sponge Bob wants to pick his fingers he:

1. Takes a deep breath (in and out)
2. Picks up his pencil
3. Pays attention to his teachers
4. Tries very hard not to think about picking his fingers.

**By Kristine Costello Hampton, Feb 2008, Conestoga Valley School District**