



WHAT DOES IT MEAN TO **STOP**, **THINK** AND **CHOOSE**?

**STOP** WHAT?

**THINK** ABOUT WHAT?

**MAKE** WHAT KIND OF CHOICE?

WHY IS IT IMPORTANT TO PRACTICE THIS?

1. HELPS US MAKE GOOD CHOICES
2. HELPS US MAKE LESS MISTAKES
3. HELPS US LEARN TO THINK AHEAD
4. HELPS OTHERS SEE WE'RE BEING CAREFUL
5. HELPS US BUILD CONFIDENCE THAT WE CAN MAKE GOOD CHOICES

WHEN IS IT HARDEST TO **STOP**, **THINK**, AND **CHOOSE**?

IS IT WHEN YOU'RE...

**MAD?**

**SILLY?**

**MOVING FAST?**

**EXCITED?**

HOW CAN YOU SLOW YOUR BODY DOWN SO YOU CAN MAKE GOOD CHOICES?

**TAKE A BREATH**

USE CALMING SELF TALK

**COUNT BACKWARDS FROM 10**

**ASK SOMEONE A QUESTION**

HOW WOULD YOU USE **STOP**, **THINK**, AND **CHOOSE** IN THESE SITUATIONS?

**YOUR FRIENDS ARE GETTING TOO WILD AND ARE ABOUT TO GET IN TROUBLE...**

**YOUR BALL ROLLS OUT INTO THE STREET...**

**YOUR BROTHER OR SISTER MAKES YOU REALLY REALLY MAD...**

**YOUR FRIEND IS TRYING TO TALK TO YOU WHILE YOUR TEACHER IS SPEAKING...**

**BEFORE YOU ACT! DON'T FORGET TO...**



**STOP**



**THINK**



**CHOOSE!**