

PAUSE & CHOOSE

WORKSHEET

When big feelings show up, I can stop, think, and choose.

1 What happened?

Describe the situation.



2 What was I feeling?

(Circle or write)



Angry



Annoyed



Embarrassed



Sad



Left out

Other: _____

3 What did my impulse want to do?

(What did I feel like doing or saying?)



4 What are my better choices?

(List 2-3 better choices I could try.)

1. _____
2. _____
3. _____



5 What choice did I make?

(What did I actually do?)

Did it help?



6 What could I try next time?

(Next time I will...)



 I am learning. I am growing. I can make better choices!

TRAFFIC LIGHT

FOR BIG FEELINGS



RED – STOP

My body is having big feelings.

Signs:

- Hot face
- Tight body
- Loud voice
- Fast heart
- Upset feelings



YELLOW – THINK

I need to pause and think.

Ask myself:

- What are my choices?
- What will happen next?
- Will this make the problem bigger or smaller?



GREEN – CHOOSE

Make a choice that helps me and others.

Take a deep breath.
Use my words.
Pick my best choice.



I can stop. I can think. I can choose.
I am in charge of my choices!

BETTER CHOICE SCRIPTS

Instead of... → I can say... 







 You're stupid!	I don't like what you just said.
 That's so dumb!	I have a different idea.
 Shut up!	Please stop. I'm talking.
 It's not fair!	I feel upset because I wanted a turn.
 Give me that now!	Can I have a turn when you're done?
 I hate you!	I'm really mad right now.
 (Yell)	I need a break. I'll be right back.
 (Walk away angrily)	I'm going to take 3 deep breaths.



My words can hurt or help.
I choose to use helpful words.

FEELINGS CHART

Name it to tame it!

ANGRY 	I feel mad or frustrated.	My body feels: hot, tight, tense. I can try: deep breaths, walk away, count to 10.
ANNOYED 	I feel bothered or irritated.	My body feels: bothered, fidgety. I can try: take a break, use my words.
EMBARRASSED 	I feel shy or uncomfortable.	I can try: take deep breaths, tell myself it's okay.
SAD 	I feel down or disappointed.	My body feels: heavy, tired. I can try: talk to someone, do something I enjoy.
WORRIED 	I feel nervous or scared.	My body feels: shaky, uneasy. I can try: deep breaths, positive self-talk.
LEFT OUT 	I feel ignored or not included.	My body feels: lonely, sad. I can try: ask to join, find someone else.



All feelings are okay.
It's what I do with my feelings that matters.

CBT-STYLE THINKING EXERCISE

My thoughts affect my feelings and actions.

1. What happened?

Describe the situation.



2. What was I thinking?

What thoughts were going through my mind?



3. How did I feel?

(Circle)



Angry



Sad



Worried



Annoyed



Happy



4. What did I do?

What was my action or reaction?



5. Was that helpful?

Yes No

Why or why not?



6. What can I think next time?

What is a more helpful, balanced thought?



7. What will I do next time?

What is a better action I can take?



Change my thinking. Change my actions. Change my results.



MY SELF-CONTROL PRACTICE TRACKER

I'm building a stronger, calmer me!

Week of: _____

I practiced self-control when...	MON	TUE	WED	THU	FRI	SAT	SUN
I used kind words. 	☆	☆	☆	☆	☆	☆	☆
I took a deep breath. 	☆	☆	☆	☆	☆	☆	☆
I walked away instead of reacting. 	☆	☆	☆	☆	☆	☆	☆
I used a better choice. 	☆	☆	☆	☆	☆	☆	☆
I stayed calm even when it was hard. 	☆	☆	☆	☆	☆	☆	☆
I solved a problem in a helpful way. 	☆	☆	☆	☆	☆	☆	☆

My Goal This Week:



Every time I try, I get stronger!