

Directions

1. On your own, come up with a stop signal for when you are feeling strong emotions and need to calm down. Write your signal in the space below.
2. With your partner, choose and act out one of the scenarios below, including saying your stop signal and naming your feeling.

My stop signal: _____

Scenarios

The ball

Student 1 set aside one of the class balls to play with at recess. She is late leaving class. She sees Student 2 taking the ball.

Student 1: "Hey! Hey! That was my ball!"

Student 2: "No it's not! It doesn't have your name on it!"

Student 1: "But I was saving it there!"

Student 2: "There's no saving! That's the rule!"

Student 1: Say your stop signal, then name your feeling.

Student 2: Say your stop signal, then name your feeling.



The kickball captain

It's Student 1's turn to be captain of the kickball team at recess. But Student 2 says it's his turn.

Student 1: "It's my turn to be captain!"

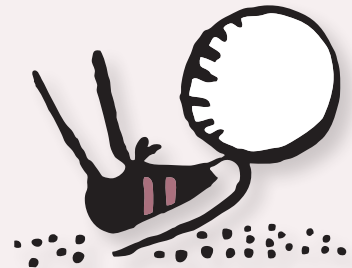
Student 2: "We didn't finish yesterday's game, and I was captain yesterday, so I should be captain again today!"

Student 1: "That's not fair!"

Student 2: "Yes it is!"

Student 1: Say your stop signal, then name your feeling.

Student 2: Say your stop signal, then name your feeling.



Free reading time

It is free reading time in class. Student 1 has been choosing the same reading book off the back shelf all week. Today, Student 2 takes the book before Student 1 has a chance to get to it.

Student 1: "Hey! That's the book I'm reading!"

Student 2: "Not today! You've had it all week. I want a turn."

Student 1: "But I was right in the middle of it! You can't just take it away!"

Student 2: "You need to share. Go get another book!"

Student 1: Say your stop signal, then name your feeling.

Student 2: Say your stop signal, then name your feeling.

