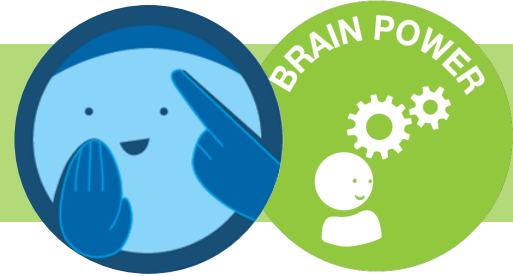




STOP & THINK POWER



WHAT IS STOP & THINK?

The ability to control impulses and to “think before you act.”

WHY STOP & THINK IS IMPORTANT:

It helps students to wait patiently, to resist temptations, and to think carefully before making important decisions. Students also use stop and think to self-monitor and to reflect.

THINGS THAT HELP US STOP & THINK:

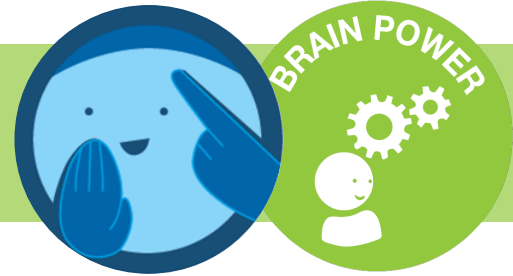
- **Taking deep slow breaths** can help you focus even when you feel angry, frustrated, overwhelmed, or confused.
- **Counting quietly or singing to myself** when I need to wait.
- **Thinking aloud to notice and describe how I am thinking or feeling** – this helps me to consider what I should do next.
- **Telling myself to “stop and think”** – first I pause and give myself time to think, then I decide what to do.

INTRODUCE THE HAND SIGNAL

Hold one hand with palm facing out, and with the other hand point to your head, when you want students to think before they act.



STOP & THINK POWER



WHEN DO WE USE STOP & THINK POWER?

- When I have an idea to share, instead of shouting I can raise my hand and wait until the tutor calls on me.
- When I need to wait my turn, I can tell myself to be patient: in line at the doctor's clinic, at the grocery store, or when playing a game.
- When I want to do something difficult, I can tell myself to move slowly and carefully.
- When my ball rolls into the street, I can tell myself to "stop" before running after it.
- When my friend is upset, I can stop and think about whether I need to apologize or ask how I can help.

STOP & THINK GAMES:

- Simon Says
- Silly Stories
- Singing with Style
- Freeze Feelings
- Wait For It

