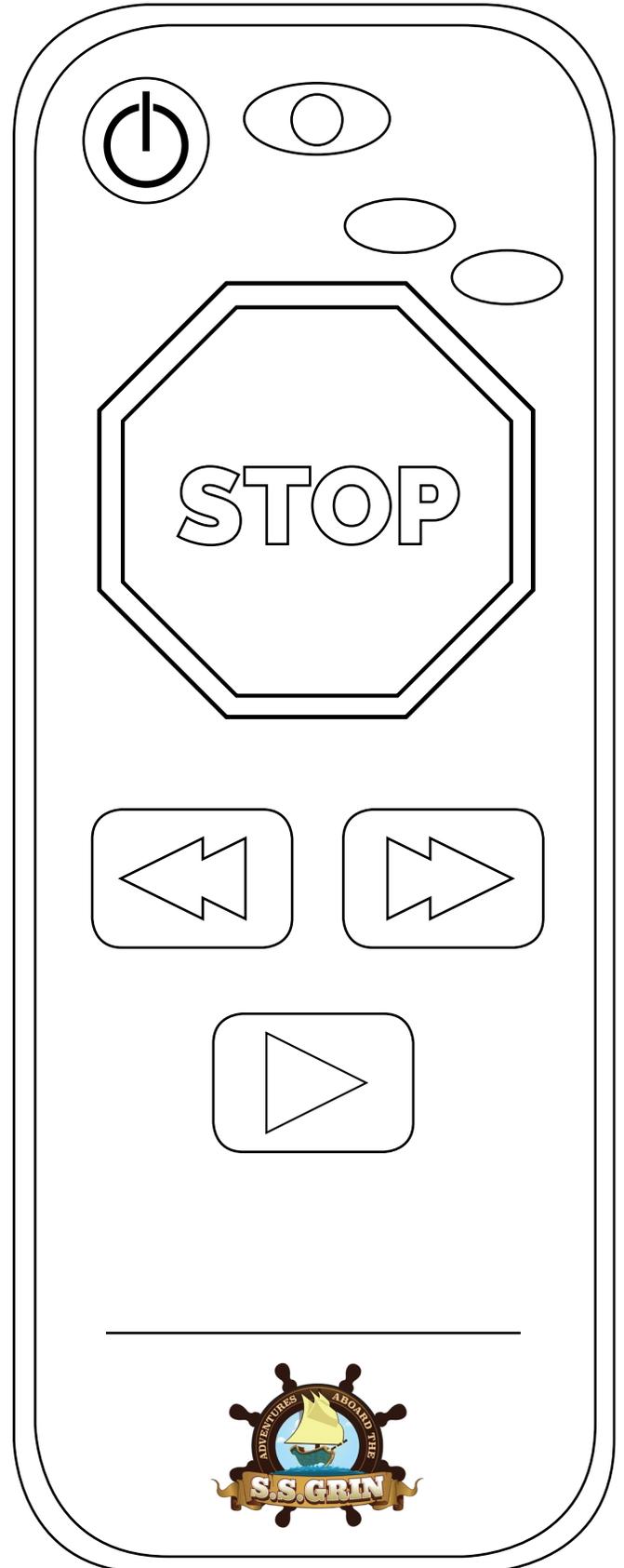


# STOP AND THINK REMOTE



Using **Stop and Think** helps us make good choices and avoid negative consequences.

You need to stop and think about consequences, especially when you're mad or upset. If you don't, you might do something you regret.

Stop and Think Girl's remote can stop and *fast forward*, or look ahead to see what the consequences of your choice might be.

It can also *rewind*, or make things stop and go back to try again. That way you can see what might have happened if you'd made a different choice.

If you stop and think about your choices, you can make a better decision.

Color in your own remote. Next time you're in a situation that makes you feel a big emotion, imagine pressing stop on your remote and thinking about your choice.

# STOP AND THINK REMOTE

Explain to students that you will be reading a short story to them. Tell them that when it's time for the characters in the story to make a choice, students should press **STOP** on their Stop and Think Remote and say "**STOP**" outloud.

Next, have students recommend a choice for the character.

Based on that choice, have students press the **Fast Forward** button and think about what consequences that choice may have. Talk about if that's the best choice based on the consequences.

If that was not a good choice, have students press the **Rewind** button and make a different choice. Fast Forward again and think about the consequences. Repeat until students find a good choice.

Repeat this process as you continue through the story.

## Stop and Think Read-Aloud

Michael wakes up in the morning to his alarm going off. It's 6:45am. The bus arrives at 7:15. Michael has the option to press snooze on his alarm clock and sleep until 7:00.

**[STOP and THINK - If Michael hits snooze, he won't have time to eat breakfast and will be hungry until lunch. He may even miss the bus if he decides to eat breakfast anyway. Michael should get out of bed on time.]**

Michael makes the bus on time. He sees a few seats open in the front of the bus. One seat is empty, and there's also an open seat next to a boy Michael doesn't know. There are some seats open in the back, too. Michael got in trouble on the bus last week for fooling around with the kids in back.

**[STOP and THINK - Where should Michael sit? If he sits by himself, he may have the opportunity to sit with someone who gets on at the next bus stop. If he sits with the boy he doesn't know, he could make a new friend. If he sits in the back, he's likely to get in trouble again since he already got in trouble with those kids.]**

Michael asks the boy he doesn't know if he can sit next to him, and they chat on the way to school.

During class, the girl behind Michael keeps kicking his chair. Michael ignores it for a while, but it's getting very annoying. He's having trouble focusing on what the teacher is saying. Michael starts to get angry that the girl's kicking is making him miss the instructions. Michael turns around and yells at the girl, "STOP KICKING MY CHAIR!!!"

**[STOP and THINK - Students should have stopped you as soon as the girl started kicking his chair. If they didn't, have them rewind and see what could have happened if Michael had said something before he got really mad. Also talk about the consequences of Michael yelling during class.]**

