My Stop and Think Steps

When I feel a big urge to grab, shout, hit or blurt, I can slow it down in four steps.

Name: _____ Date: _____

1



Stop

Freeze my body. Hands still, mouth closed.

2



Breathe

Take 3 slow breaths. Smell the flower, blow the candle.

3



Think

What could I do? What will happen next?

4



Choose

Pick the choice that helps me and others.



My urge signals

Circle the clues your body gives you before you act too fast.

- Hot face
- Tight fists
- Fast heart
- Loud voice
- Wiggly legs
- Clenched teeth
- Can't wait
- Words rush out

Another signal I notice: _____

Where I feel it in my body: _____



My tricky times

Tick the times it is hardest to wait or stop.

- ☐ Waiting my turn
- ☐ Someone teases me
- ☐ I am hungry or tired
- ☐ Lining up
- ☐ Losing a game
- ☐ Screen time ends
- ☐ I am excited
- ☐ Someone has what I want

My hardest time: _____

What helps me then: _____

A grown up who can help me: _____

Stop light check: how did I do today?

- **Red** — I acted too fast
- **Yellow** — I almost stopped
- **Green** — I stopped and thought

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My Pause Plan

Plan ahead: when the tricky moment comes, I already know what I will do.

Example

When my friend has the ball and I want it,

I will stop, take a breath and ask: "Can I have a turn next?"

Instead of grabbing it.

1 **When:** _____

and I feel the urge to: _____

I will: _____

Did it work? Not yet · A bit · Yes!

2 **When:** _____

and I feel the urge to: _____

I will: _____

Did it work? Not yet · A bit · Yes!

3 **When:** _____

and I feel the urge to: _____

I will: _____

Did it work? Not yet · A bit · Yes!

Wait It Out menu

Waiting is easier when your mind and hands have a job. Circle 3 to try.

Count to 10 slowly	Squeeze my hands	Hum a song in my head
Look for 5 blue things	Sit on my hands	Take 3 flower breaths
Say "I can wait"	Play I spy	Hold a fidget
Think of my plan	Look away from it	Ask: how long?

My 3 picks

1. _____
2. _____
3. _____

The longest I waited this week: _____

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Stop and Think Practice Cards

Cut out the cards. Read one, show the Stop and Think steps, then act out the best choice.

Your turn?

Your friend is taking a long turn on the swing. You really want it. What do you do?

Card 1

Blurt it out

You know the answer and the teacher is still asking. What can you do with the answer?

Card 2

Game over

You lose the card game in the last round. What could you say and do?

Card 3

Grab it

Your sister has the remote and your show is starting. How could you ask?

Card 4

Line up

Everyone rushes to the door for recess. How can you line up safely?

Card 5

Tease

A kid calls you a name at lunch. What could you do instead of shouting?

Card 6

Screen off

Your tablet time is up in the middle of a level. What can you do?

Card 7

Interrupt

Your mom is on the phone and you want to tell her something. What do you do?

Card 8

Push

Someone bumps you in line by accident. What could you think first?

Card 9

Snack time

Cookies are on the counter for after dinner. How can you wait?

Card 10

Change

Your game gets canceled because of rain. What can you do with the upset?

Card 11

Work first

You want to play, but homework comes first. How can you get started?

Card 12

This week I stopped and thought

	Mon	Tue	Wed	Thu	Fri
I waited	☐	☐	☐	☐	☐
I paused	☐	☐	☐	☐	☐

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