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# Stop and think technique worksheet

Ask: Using Stop and Think helps us make good decisions and avoid negative consequences. You have to stop and think about consequences, especially when you're angry or angry, and if you don't, you might do something you regret. Stop and think the girl's ghost can stop and fast-forward, or look forward to see what the consequences of your choice might be. It can also rewind, or make things stop and come back to try again. That way you can see what would happen if you made a different choice. If you stop and think about your choices, you can make a better decision. Paint on your remote. The next time you're in a situation that makes you feel great emotion, you can imagine clicking Stop on your sign and thinking about your choice. Impulse control lesson: In the first activity using the Stop and Think remote control, explain to the students that you will read them a short story. Tell them that when it's time for the characters in the story to become clear, they should press STOP on their Stop and Think Remote and say stop loudly. Next, want students to recommend a choice for the character. Based on this choice, students should click the Fast Forward button and think about the implications of that choice. Talk about whether it's the best choice based on the consequences. If that wasn't a good choice, students have to press the Rewind button and another choice. Fast forward again and it's about the consequences. Repeat until students find a good choice. Repeat this process as you continue the story. Additional Resources: Books: Coping Skills: Anxiety Worksheet Limits Information Sheet Grounding Sheet Techniques Article Monsters Anger Interactive What is the Anxiety Cycle? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Worksheet Anger IceBerg Worksheet Cognitive Distortions Worksheet Strengths Research Worksheet Page 2 Coping Skills: Worksheet Anxiety Limits Information Sheet Grounding Techniques Article Monsters Anger Interactive What is a Cycle of Anxiety? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Worksheet Anger IceBerg Worksheet Cognitive Distortions Worksheet Strengths Research Worksheet Page 3 Coping Skills: Anxiety Worksheet Limits Information Sheet Grounding Techniques Article Monsters Anger Interactive What is a Cycle of Anxiety? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Sheet Anger Sheet IceBerg Worksheet Cognitive Distortions Worksheet Strengths Research Worksheet Page 4 Coping Skills: Worksheet Anxiety Limits Information Sheet Grounding Techniques Article Monsters Interactive Anger What is a Cycle of Anxiety? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Anger Sheet IceBerg Worksheet Cognitive Distortions Worksheet Strengths Exploration Worksheet Page 5 Coping Skills: Anxiety Worksheet Information sheet grounding sheet techniques article monsters interactive anger What is a cycle of anxiety? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Worksheet Anger Glacier Worksheet Cognitive Distortions Worksheet Strengths Research Worksheet Page 6 Coping Skills: Worksheet Anxiety Limits Information Sheet Grounding Techniques Article Monsters Anger Interactive What is a Cycle of Anxiety? Video Self-Care Evaluation Worksheet Core Beliefs Information Sheet Anger Sheet IceBerg Worksheet Cognitive Distortions Worksheet Strengths Research Worksheet