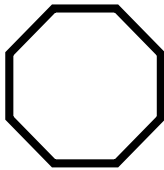

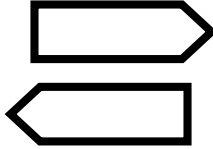





Be Your Own Boss

STOP	THINK	DECIDE	CHOOSE
			
Stop what you are doing.	Think about what you are going to say or do.	Decide if it will make the situation better or worse.	Choose the behavior that makes the situation better.

BE YOUR OWN BOSS SCENARIOS

- You are in an argument with your sister, and she hits you.
- The person sitting next to you in class keeps tapping their pen on the table.
- You want to have ice cream after dinner, but your parent is not letting you.
- You are going to music class, and you want to run in the hallway.
- Your teacher is in the middle of a math lesson, and you want to ask a question that is not about math.
- You are playing a game with a friend, who is taking a long time during their turn and you have to wait.
- Create your own scenario.