

## **Choices to make when...**

**Check the most appropriate responses and behaviors.**

**I had a really bad day at school, so when I get home I...**

- A. Rip up my papers from my teacher
- B. Do something that helps me calm down like play video games
- C. Scream at my mom

**We're playing hockey in gym, I'd rather play basketball so I....**

- A. Call the teacher mean names
- B. Run out of class
- C. Play Hockey and request basketball for tomorrow

**Someone in class is really bothering me so I...**

- A. Talk to my teacher about it
- B. Yell at them and call them names
- C. Leave class without telling anyone

**I am really frustrated with my assignment so I...**

- A. Rip up my paper
- B. Cuss at the teacher
- C. Ask for help

**I made some bad decisions and lost my recess time so I...**

- A. Yell and scream and continue to make bad decisions
- B. Ask my teacher what I need to do to earn my next recess
- C. Leave the school without permission

**I woke up grumpy and don't want to be at school so I...**

- A. Lay under my desk and sleep
- B. Yell at my teacher when she assigns me work
- C. Ask to take a break so I can calm down

**My classmates are not working and are misbehaving so I...**

- A. Ask the teacher if I can go work somewhere else
- B. Join in and misbehave also
- C. Yell at them