

Choices to make when...

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

- A. Exercise
- B. Listen to music
- C. Scream at my mom
- D. Rip up my papers from my teacher

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

- A. Cuss at the teacher
- B. Run out of class
- C. Play Hockey and request basketball for tomorrow
- D. Ask if I can walk instead

I am annoyed by another student in class so I...

- A. Talk to my teacher about it
- B. Take some deep breaths and ignore him
- C. Yell and cuss at him names
- D. Leave class without telling anyone

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

- A. Rip up my paper
- B. Take 5 deep breaths
- C. Cuss at the teacher
- D. Ask for help

I made some bad decisions and lost my free time computer privilege so I...

- A. Yell and scream and continue to make bad decisions
- B. Ask my teacher what I need to do to get my computer back
- C. Leave the school without permission
- D. Put my head down while everyone else is on their computer and think about my behavior and the consequences

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
- D. Ask to talk to another adult so I can collect my feelings

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
- D. Keep to myself and try to work