

1. Do you make choices all the time?
 - a. True
 - b. False
2. If you lose a game, how should you act?
 - a. Throw a tantrum
 - b. Run away
 - c. Use good sportsmanship
3. When you become upset, should you _____
 - a. Yell
 - b. Hit
 - c. Curse
 - d. Stop and think
4. Should you take a deep breath before taking action?
 - a. True
 - b. False