AGES 5–12 PRINTABLE WORKSHEET

Stop, Think, Choose



WHAT THIS IS

When feelings are big, our body wants to act fast. This tool helps you pause so you can choose what to do.

HOW TO USE IT

1. Practice the 3 steps when you are calm.
2. Read each pretend situation.
3. Write or draw your best choice.

EXAMPLE

*"Someone cut in line. I **stopped**, **thought** about it, and **chose** to tell the teacher."*

STOP	Freeze. Hands still. Take 1 deep breath.
THINK	What could happen if I do this? Is there another way?
CHOOSE	Pick the choice that keeps everyone safe and feels okay later.

Practice

A friend takes my pencil without asking.

I lose a game I wanted to win.

I feel left out at recess.

My little sibling knocks over my tower.

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