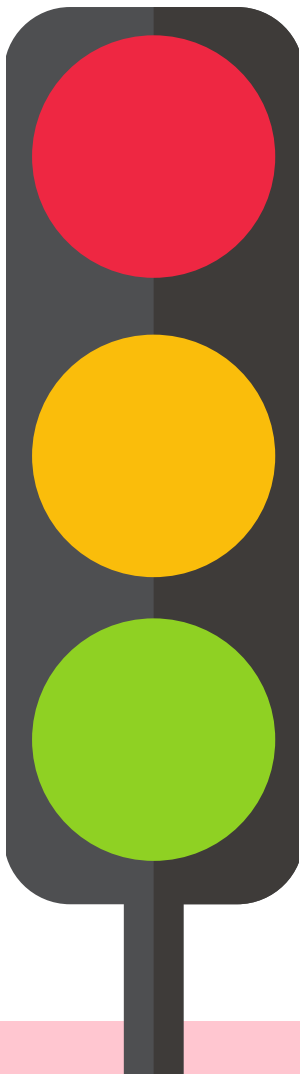
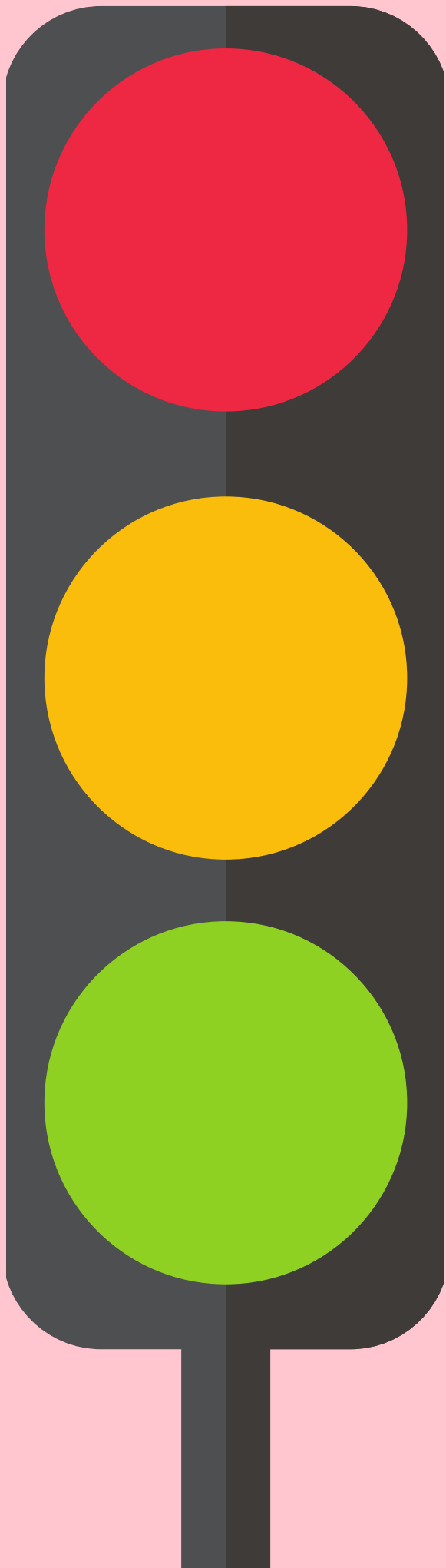


STOP, THINK, GO!

Sometimes we act like a race-car without breaks! We do or say things before our brain has a chance to think about a better choice. Use the Stope, Think, Go activity to practice slowing down your thoughts and practice making better choices.



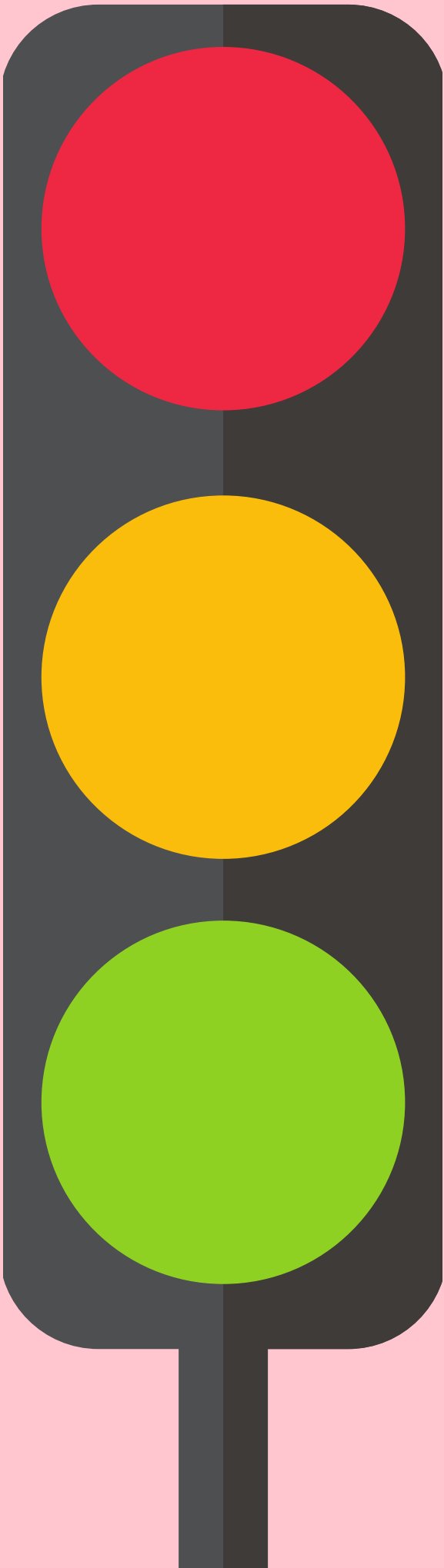
1. Think of a time you acted like a race-car. Maybe you shouted an answer out or got out of your chair before asking.
2. Think about all the other choices you could do instead. Come up with as many ideas as you can!
3. Go! Pick the best choice. Was it the same as the choice you made when your were like a race-car?



STOP

THINK

GO



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