

THE STOP AND THINK PROCESS

**A Step-by-Step Guide
you can use at home.**

Step 1

Stop and Think!

This process gives your child the time necessary to calm down and think about how they want to handle a situation.



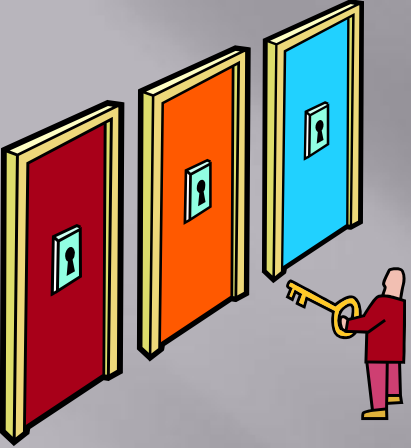
Step 2

What should I do?
Arguing won't help, but
maybe we could talk
about it?!?!



Are you going to make a Good
Choice or a Bad Choice?

This gives children the
opportunity to decide what kind
of choice they want to make.
We help students understand
the positive and negative
outcomes of a particular choice.



Step 3

What are your Choices or Steps?

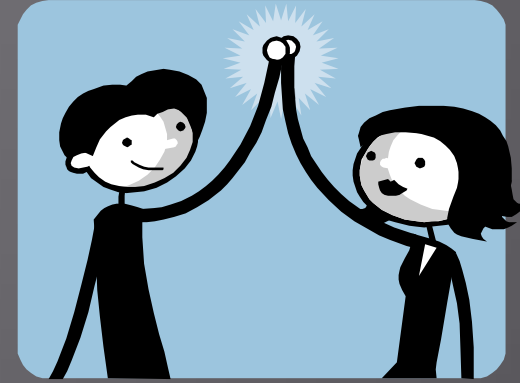
This helps students to develop a specific approach or plan for performing a social skill. Initially, teachers will instruct students on how to perform the steps. Later, students will guide themselves through the steps using this process.

Step 4

JUST DO IT!

This step is completed when students actually carry out their social skill steps or choices., implement the social skill chosen, and evaluates whether the skill has worked.

Step 5



Good Job!

Students positively reinforce themselves for successfully using a social skill and for responding to a situation appropriately. Students learn to positively reinforce themselves and their peers when experiencing success.