



Stop-Think-Act SEL, Grades 6-8

Assignment Objectives

- Students will learn Self Control by Stopping, Thinking, and Acting
- Students will apply Self Control Steps to a given scenario
- Students will brainstorm how they will respond in the situation with a Paper Tutor
- Students will draft a one paragraph response and ask a Paper Tutor for feedback on format, grammar, and punctuation

Teacher Instructions

- **Ask students to brainstorm why it is helpful to Stop and Think before Acting?**
 - Stopping allows us to cool down feelings. Thinking helps us look a little closer at a situation. Acting helps us make the best choice for ourselves and others.
 - Stopping and Thinking show Self-Control.
- **Display the Stop Think Act steps:**

Stop: Take a deep breath, Count to 10, Talk to a trusted friend or adult, Think of a place or thing that makes you happy and laugh, Get a drink of water.

Think: Take a moment to think. Do I need to use another calming strategy first? What is the situation? Who is involved? Why does this matter to me?

Act: Choose: What will happen if I make this choice? What will happen if I do not make this choice?

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We would love to know how this resource worked for you. Please use this [form](#) to provide us with your feedback!

- **Share with students that they will read a situation and write a one paragraph response using the Stop Think Act Steps.**

Ideas for Use

- Students upload the paragraph to the Review Center
- Students can ask a Live Help Paper Tutor for feedback on their paragraph
- Students reflect on a situation when they did not use Stop Think Act steps and write a one paragraph response how their prior actions might change using the steps.



Stop-Think-Act

Student Instructions:

1. Read through the Stop Think Act steps.
2. Read the Situation.
3. Brainstorm with a Live Help Paper Tutor how you will respond in the situation
4. Write a one paragraph response to the writing prompt.
5. Ask a Paper Tutor for feedback about the format, grammar, and punctuation of your paragraph.

Stop: Take a deep breath, Count to 10, Talk to a trusted friend or adult, Think of a place or thing that makes you happy and laugh, Get a drink of water.

Think: Take a moment to think. Do I need to use another calming strategy first?
What is the situation? Who is involved? Why does this matter to me?

Act: Choose: What will happen if I make this choice? What will happen if I do not make this choice?

Situation: Student A and B just started middle school. They are friends who ride the school bus together. Student A tells Student B to not ride the bus after school today and hang out in town with friends. Student B really wants to hang with the friend group but parents are expecting her after school. Student A tells Student B to not tell her parents because she's not a "baby" anymore.

Stop, Think Act: How would you work through each step if you are Student B? How does your response show Self-Control?
