

# Stoplight Game

Begin by reading *Andrew's Angry Words* or *Zinnia and Dot*. Talk about the trouble caused in the stories when people act out strong feelings without stopping to think first. Then follow these steps.

- Draw a large stoplight on poster board. Write "FEEL," "THINK," and "ACT" on the red, yellow, and green circles, respectively.
- Have students come up with scenarios (no names!) that might make them feel angry, frustrated, or frightened. Give examples from books or offer suggestions to get things started.
- As you identify each situation, cover the yellow and green lights to show "FEEL." Point out that when you have a strong emotional reaction to a situation, it's wise to take a minute to think before acting. Have students identify the feeling generated by the scenario.
- Next, cover red and green to show "THINK." Brainstorm or call on individuals to suggest ways you might react to the situation. Don't judge reactions; just get ideas out.
- Finally, cover red and yellow to show "ACT." Let students choose the best response to the situation and talk about probable consequences as appropriate.

Use this game to reinforce the idea that we can't always control what happens to us, but we can always choose how we respond. Taking time to think and choose carefully can help keep us and others safe and out of trouble!

