

STOP Steps



1. **S**TOP! and say how you are feeling

2. RELAX

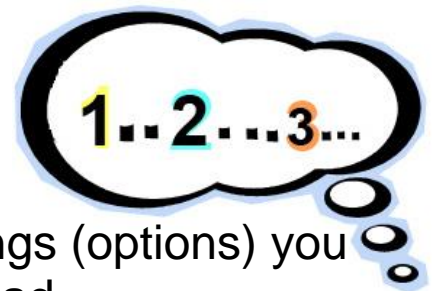


3. **T**HINK

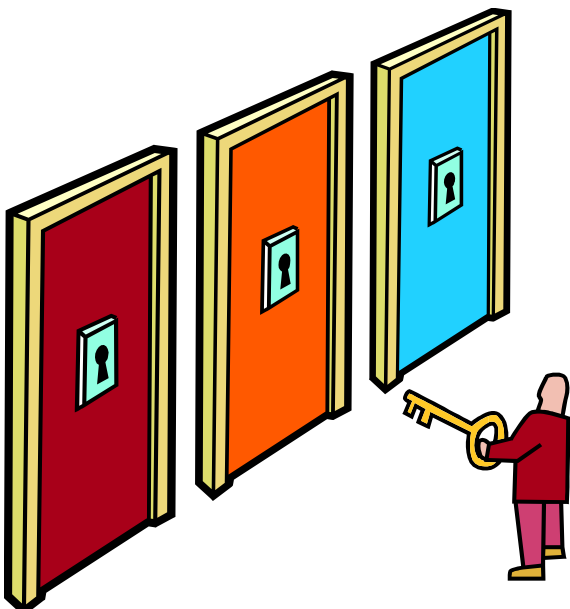


- ✓ Is what I'm thinking about doing going to break a rule?
- ✓ Will I hurt someone or something?
- ✓ What will happen if I do this?

4. **O**PTIONS



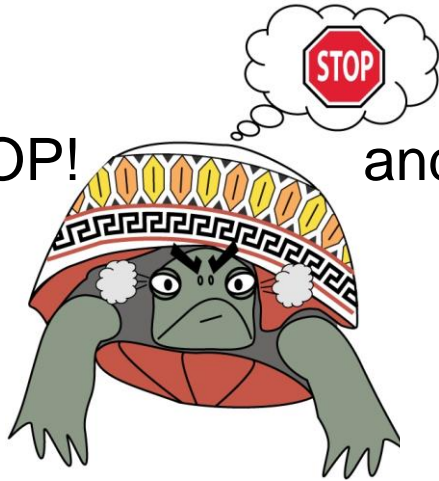
- ✓ Think of 3 things (options) you could do instead.
- ✓ Put these options through the THINK step to find the best ones.



5. **P**ICK the best option

Turtle Steps

1. STOP! and say how you are feeling.

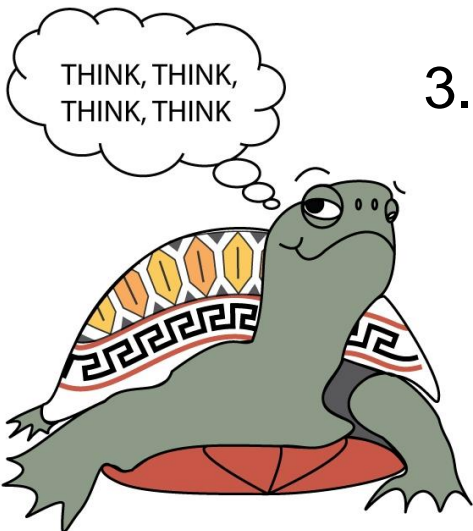


2. Go in your shell and RELAX.



3. THINK

- ✓ Is what I'm thinking about doing okay?
- ✓ What will happen if I do this?
- ✓ What could I do instead?

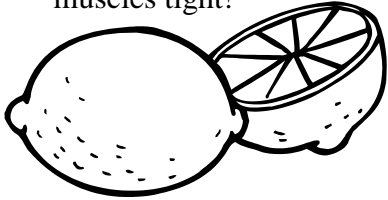


4. PICK the best thing to do and do it!



I CAN RELAX!

Squeeze lemons to make lemonade. Squeeze hand muscles tight!



S-t-r-e-t-c-h your mouth with a BIG yawn like a tiger.

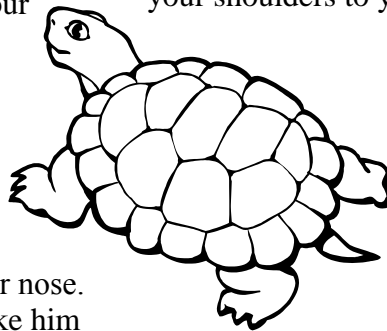


Squeeze your arm muscles like a strongman!

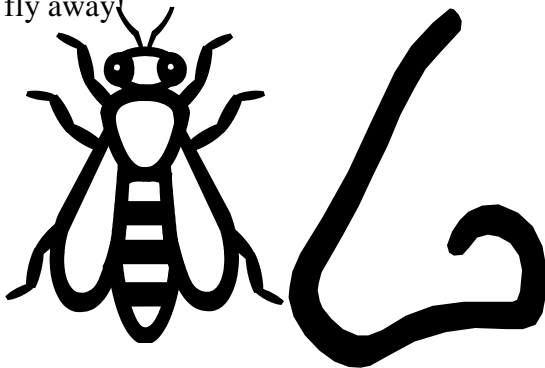


Squeeze sand between your toes. Pick up your feet – here comes a wave!

Tuck your head in your shell like a turtle. Try to touch your shoulders to your ears!



There's a fly tickling your nose. Wrinkle your nose to make him fly away!



Pucker your mouth like you just ate a VERY sour lemon.

An elephant is stepping on your stomach! Make your stomach muscles hard!

