

STOP AND THINK SOCIAL SKILL FOR JANUARY



Skill: Ignoring or Ignoring Distractions

Ignoring is a fun skill to teach young children and a valuable skill for them to have. Although we don't want children to ignore adults, they need to know how to ignore distractions (especially when they need to focus), teasing from their peer group, and other students' inappropriate behavior. Students in grade K-3 can use "The Turtle Technique" when they are sitting down and working independently on an assignment. The Turtle Technique is a physical motion that students can make to help them ignore distractions.

Use the Stop and Think language at home with your children to help reinforce the steps of Ignoring Distractions.

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

Grades K-3:

1. **Look** away, **turn** away, or **walk** away from the person or distraction.
2. **Close** your ears and do not listen.
3. **Be silent**, do not say anything.

The Turtle Technique:

1. **Drop** your head like a turtle.
2. **Raise** your shoulders and **put** your hands by your sides.
3. **Focus** on your work or activity.
4. **Be quiet**; don't say anything to the person distracting you.

Grades 4-5:

1. **Look** away or **walk** away from the person or situation distracting you.
2. **Say** to yourself, "I won't look and I won't listen - I'll keep on (working, playing)".
3. **Continue** to look away and focus on your activity.
4. **Say**, "Good Job" to yourself, especially if the distractions continue.

Alternative Script for Grades 4-5:

1. **Take** a deep breath and **count** to five.
2. **Think** about what good choices you can make. You can:
 - a. Say to yourself, "I won't look and I won't listen - I'll keep on (working, playing)".
 - b. Turn your body away from the person.
 - c. Walk away from the person.
 - d. Ask a teacher or another adult for help.
3. **Choose** and **act out** your best choice.

Step 4: Just do it!

Step 5: Good job!

Skill: Dealing with Teasing

When there are students who interact together, teasing is inevitable. Sometimes, teasing is just good-natured fun, but at other times it occurs because a specific student wants attention. Teasing can also involve put-downs that make other students feel bad about themselves. When hurt or distressed by teasing, students need to know that they can stay in control of the situation, respond to the teasing, and feel good about themselves and their response.

Use the Stop and Think language at home with your children to help reinforce the steps of Dealing with Teasing:

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

Grades K-3:

1. **Take** a deep breath and **count** to five.
2. **Ignore** the person teasing you.
3. If needed, **say**, "Please STOP IT", in a brave voice.
4. If needed, **walk** away from the person.
5. If needed, **ask** for help from an adult.

Grades 4-5:

1. **Take** a deep breath and **count** to five.
2. **Think** about what Good Choices you can make. You can:
 - a. Ignore the person.
 - b. Tell the person how you feel (I-Message).
 - c. Tell the person to stop (I-Message).
 - d. Ask a teacher or other adult to help.
3. **Choose** your best choice.
4. If needed, **try** another way to deal with the situation or **walk** away from the person.

Step 4: Just do it!

Step 5: Good job!