

# SCENARIO CARDS:

Your teacher gives you a surprise test you are not prepared for.

Someone calls you a hurtful name.

You have a huge project to complete that will take up most of your weekend.

Your friend has been hanging out with someone else during recess and you feel left out.

There is lightening outside and the coach cancels your soccer game.

Your younger sibling gets more dessert than you.

# SCENARIO CARDS:

Your family does not gift you the birthday present you were hoping for.

The person who drives you to school slept in and you are late for class.

The person next to you is smacking as they chew gum and you feel annoyed.

Your friends choose to play something different than what you'd like to do.

Your best friend got sick and can't make it to your sleepover.

A classmate started to spread rumors about you.

What choices can I make?

# Things I Can Control:



1. My response.
2. Asking for help.
3. How I treat others.
4. Being kind and caring towards others.
5. Being kind and caring towards myself.
6. Working hard.
7. Going to bed on time.
8. Waking up early to get to school on time.
9. Using an I-statement.
10. Saying what I need.
11. Getting exercise.
12. Supporting others.
13. Having a good sense of humor.
14. Forgiving others.
15. Smiling.
16. Apologizing.
17. Being myself.
18. Thinking positively.
19. What I focus on.
20. My goals.
21. My attitude.
22. How I care for myself when I feel sad.
23. How I care for myself when I feel angry.
24. Expressing gratitude and appreciation.
25. Trying to understand someone else's feelings and point of view.
26. Treating others the way I want to be treated.
27. Listening to others.
28. Being truthful and honest.
29. Sharing my feelings.
30. Saying what I want and hope for.
31. How I think about situations.
32. Ignoring annoying behavior.
33. Refusing to spread gossip or rumors.
34. Choosing friends with people who like and accept me.
35. LIKING and LOVING myself!
36. Respecting others and myself.
37. Doing my best at school.
38. Using my manners.
39. Cleaning up after myself.
40. Limiting how much time I am in front of screens.
41. Helping others.
42. Taking deep breaths.
43. Being responsible for my words and actions.
44. My hopes and dreams.
45. My effort.
46. Showing others I care about them.
47. Respecting the personal space of others.
48. How I talk to people.
49. Having a growth mindset.
50. Saying positive affirmations & reminding myself of my strengths.



# Things I can control

## WHAT CHOICES CAN I MAKE IN THIS SITUATION?



1. How you respond to challenges.
  2. Who you ask for help.
  3. When you ask for help.
  4. Saying you need a break.
  5. How you act.
  6. How much effort you put into something.
  7. Getting enough sleep.
  8. Completing your responsibilities.
  9. Using an I-Statement.
  10. Saying what you need.
  11. How much exercise you do.
  12. Setting your boundaries.
  13. Respecting the personal space of others.
  14. When and if you forgive others.
  15. How often you smile.
  16. Owning up to your mistakes.
  17. Whether or not you accept yourself.
  18. Whether you look for the negatives or positives.
  19. What you focus on in this very moment.
  20. What goals you create for yourself.
  21. The kind of attitude you have.
  22. How you relate to your feelings.
  23. Whether you help someone out or not.
  24. How you take care of and treat your body.
  25. When you show empathy.
  26. Treating others the way you want to be treated.
  27. When you listen to others.
  28. How truthful and honest you are.
  29. How much you share with others about your feelings.
  30. Saying what you hope for.
  31. How you interpret events.
  32. When you ignore behavior that annoys you.
  33. Apologizing when you make a mistake.
  34. How you "talk" to yourself.
  35. If and when you try again.
  36. Treating others with kindness.
  37. Treating yourself with kindness.
  38. Saying please and thank you.
  39. Going outside and enjoying the fresh air.
  40. How organized or clean you are.
  41. How you hold your body (like your posture).
  42. Reminding yourself that you worthy and good enough.
  43. How you show others you care about them.
  44. Whether you "get back up" after you "fall down."
  45. When you practice gratitude.
  46. Whether or not you keep your word.
  47. What strategies you use to cope with difficult emotions.
  48. Whether or not you accept the situation.
  49. Using mistakes as opportunities for learning.
  50. When you take mindful breaths.
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