

● RESPONSIBLE Activity 4
Catch It, Own It, and Redo It

PRACTICE

Apologizing for and redoing communication mistakes such as pushing, grabbing, or yelling

Materials: Cloud

“Even though we have already learned so many skills for handling mad feelings, there might be times when we slip up or make a mistake in a mad moment. Everyone makes mistakes, and mistakes can be fixed! So now we are going to practice how to catch ourselves, quickly take responsibility for or own our mistake, and redo the moment.”

Pretend Cloud took your pencil without asking. Yell at him in a mean way. “Hey! Why did you steal my pencil? You thief!” Then start over by quickly owning the moment and redoing it. “Oops. I am sorry I yelled. That’s my pencil. May I please have it back?”

“When you redo a moment, you may still be mad, but instead of snapping, you’ll choose a more positive way to use your face, voice, or words to express your mad feelings.”

Put students in pairs to practice yelling, pushing, or saying mean words and then redoing the moment. For example, if you pushed you would quickly have to say, “I’m sorry I pushed you. I hope you can forgive me. I’m just so mad because (name reason).”

To wrapup, create an agreement on what to say and do when you see a student or classmate who needs to redo a mad moment.

“You can be mad, but ...”

A simple, quiet “Ouch ... can you try that again?”

● RESPONSIBLE Activity 5
Do the RIGHT Thing When Someone Does the WRONG Thing

PRACTICE

Letting go of grudges
Responding when someone pushes, grabs, or yells

Materials: Cloud

“If someone is mean to you and does NOT redo the moment, what do we do? It is easy to be kind when others are kind. It takes a person of very strong character to be kind when someone is not kind. Let’s practice what to do if we are pushed, yelled at, or grabbed.”

Pretend Cloud grabbed your pencil. Widen your eyes, step back, and put out your hand in a friendly way for Cloud to place the object in. Use a slow, serious, calm voice to say, “Cloud (pause), please give it back. Thanks.”

Pretend Cloud pushed you. Take a step back, put your palm up like a stop sign close to your body, and say with a serious voice, “Don’t push me.” Say “Thanks” when the person stops.

Pretend Cloud yelled at you. Use a quiet voice and pause after calling the person’s name so the person can realize that he yelled. “Cloud (pause), you’re yelling at me.”

Students with social-emotional challenges can visualize a stop sign in these situations to assist them in saying and doing the right thing. While you practice these shows, hold up the stop sign and remind students to stop and think about what they could do next that would be helpful rather than hurtful.