



'Warrior' Star Award

Stop & Think



If we are able to stop (or pause & maybe count to 10) before we get angry or lash out or go off in a huff, we may be a happier person.

Why do we sometimes react immediately?

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If we were sensible enough to think (and maybe count to 10 or even say) "hold on just a cotton pickin minute" before we get angry or upset, would it help us to stay happy sometimes.

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Do you ever feel sorry or upset for something you said or did because you didn't stop to think?

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Task - This month I am asking you to 'stop and think' before you do anything when you are angry or excited or even frightened.

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|------------------------|
| Name..... |
| Date..... |
| Parent Signature |
| Teacher signature..... |

AWESOME