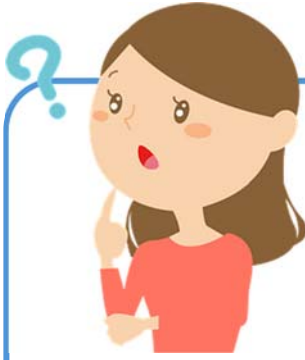


Name \_\_\_\_\_



## Think Or React

**Directions:** Read each scenario and the response that follows. Decide if the person is showing **self-regulation (Responding)** or **impulsive reaction (Reacting)**. Write "Respond" or "React" on the line after each one.

1. Maya's classmate criticizes her presentation in front of everyone. Maya takes a deep breath and says, "Thanks for the feedback. I'll try to improve."  
\_\_\_\_\_
2. Chris is late to work and the manager reminds him to clock in on time. He rolls his eyes and mutters, "Whatever."  
\_\_\_\_\_
3. During a group project, Taylor's teammate deletes their shared file by mistake. Taylor walks away to cool down before discussing how to fix it.  
\_\_\_\_\_
4. Jonah is told by a teacher that his phone will be taken if he uses it again. He shouts, "That's not fair!" and slams his desk.  
\_\_\_\_\_
5. A customer complains about an order at Jordan's part-time job. Jordan listens, apologizes & offers to get help from the manager.  
\_\_\_\_\_
6. Ellie's friend forgets to text her back. Ellie sends three angry messages before hearing the reason why.  
\_\_\_\_\_
7. Malik doesn't agree with his coworker's idea. He waits until the meeting ends and then respectfully shares his thoughts.  
\_\_\_\_\_
8. Rachel is feeling stressed and overwhelmed during finals week. She decides to take a walk and listen to calming music before returning to study.  
\_\_\_\_\_
9. Darius gets teased in the hallway and immediately yells back without thinking.  
\_\_\_\_\_
10. Ava feels upset when her friend cancels plans. She journals about her feelings and suggests a new day to hang out.  
\_\_\_\_\_