

Name _____



Pause To Control

Directions: Read each situation carefully. Choose the answer (A-D) that shows the best example of using self-control by pausing, breathing, and thinking before reacting.

1. You send a funny text meant for your best friend to your teacher by mistake. What is the best thing to do?
 - A. Panic and send more texts to explain right away
 - B. Blame your phone for the mistake
 - C. Pretend it didn't happen and ignore it
 - D. Take a deep breath and think before replying politely
2. Someone cuts in front of you in the lunch line. What is the best way to handle it?
 - A. Yell at them to move back
 - B. Push past them to get your spot back
 - C. Take a breath and ask calmly if they noticed you were next
 - D. Leave the line completely
3. You lose a video game and feel really angry. What should you do first?
 - A. Throw the controller
 - B. Take slow breaths and count to five
 - C. Tell your friend they cheated
 - D. Quit and refuse to play again
4. During a group project, your teammate disagrees with your idea. What's the best response?
 - A. Listen first and then share your opinion calmly
 - B. Talk louder until they agree
 - C. Walk away without saying anything
 - D. Tell the teacher they are wrong

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5. You get a lower grade than you expected on your essay. What should you do?
 - A. Rip up the paper in frustration
 - B. Ask to talk to the teacher respectfully after class
 - C. Complain to your classmates
 - D. Blame the teacher for not explaining the directions
6. Your sibling borrows your headphones without asking. What is the best reaction?
 - A. Grab them back and shout
 - B. Tell a parent to take them away
 - C. Take a deep breath and ask them to return them next time
 - D. Hide all your things next time without saying why
7. A friend teases you about your haircut. What is the best self-regulated response?
 - A. Laugh it off or say, "That's not cool," and walk away
 - B. Say something mean back
 - C. Ignore them but think about it all day
 - D. Start teasing them too
8. You feel nervous about giving a presentation. What is the best first step?
 - A. Pretend to be sick to avoid it
 - B. Read your slides as fast as possible and sit down
 - C. Complain to your classmates about it
 - D. Take deep breaths and practice your first line