Summer Plan

To solve problems this summer, I am going to:

• Use the Feelings Thermometer and Stop and Stay Cool when I have a strong feeling.

• Use win-win solutions to solve conflicts.

• Use “I” Messages to tell how I feel about a problem.

• Stop and Think before I act!

To keep my trained brain strong this summer, I will do these kinds of activities:

• Pick a word of the day, and clap my hands when I hear that word.

• Try to remember a list of 5–10 things my family needs to buy at the grocery store.

• Play The Pickler or Don’t Break the Sugar Bowl.
I am a **SUPER Teammate!**

Compliments from my teammates:

1. ____________________________________
   ____________________________________
   ____________________________________

2. ____________________________________
   ____________________________________
   ____________________________________

3. ____________________________________
   ____________________________________

Compliments from my teacher:

- Practice Active Listening.
- Help and Encourage Others.
- Everyone Participates.
- Complete Tasks.

Think about how the other person might feel.

Stop in your tracks, and get the facts!

Stop and stay cool!

Use the COOL RULE!

- Explain Your Ideas/
  Tell Why.