

STOP THINK DO

DO YOU HAVE A PROBLEM?



What is the problem?
How do you feel?

What could you do?
What might happen then?

What will you choose?
Do it!



STOP

Red light signal

The most difficult step

Self-control and perceptual skills are taught

Children are taught to hold back so they don't react emotionally

They are taught to use their eyes and ears to work out the problem and the feelings others have

THINK

Yellow light signal

Problem solving and consequential thinking skills are taught

Children learn that some options have better consequences and are worth trying

They learn to identify and describe options quickly - cool, weak, aggro, friendly, cooperative

DO

Green light signal

Decision making / choice making and behavioural skills are taught

Children learn to choose the option with the best consequence and to act on it

Stories and role plays are used a lot to teach each step in the process along with the traffic lights posters

The process can be used by adults and children

<p style="text-align: center;">ADULT ←</p> <p style="text-align: center;"><i>Use for behaviour management</i></p>	<p style="text-align: center;">Who has the problem? →</p>	<p style="text-align: center;">CHILD</p> <p style="text-align: center;"><i>Use for social skills training</i></p>
<p>Don't react Look & listen Clarify problem with the child Express feelings <i>I feel ... because (problem)</i></p>	<p style="text-align: center;">S T O P</p>	<p>Urge children not to react, just look & listen Clarify problem with children Reflect children's feelings <i>You feel ... because (problem)</i></p>
<p>Consider solutions with the child <i>What could we do?</i> Evaluate consequences <i>What might happen then?</i></p>	<p style="text-align: center;">T H I N K</p>	<p>Consider solutions with children <i>What could we do?</i> Children evaluate consequences <i>What might happen then?</i></p>
<p>Choose best solution <i>Let's do it</i> Act!</p>	<p style="text-align: center;">D O</p>	<p>Children choose best solution <i>Do it</i> Encourage children to act</p>