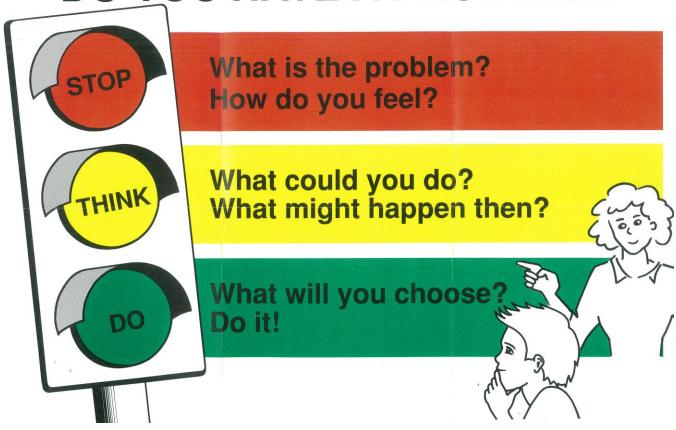
### STOP THINK DO

# DO YOU HAVE A PROBLEM?



#### 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

ADULT <	Who has the problem?	> CHILD
Use for behaviour management		Use for social skills training
Don't react	S	Urge children not to react, just look & listen
Look & listen	Т	Clarify problem with children
Clarify problem with the child	O	Reflect children's feelings
Express feelings	Р	You feel because (problem)
I feel because (problem)		
Consider solutions with the child	Т	Consider solutions with children
What could we do?	H	What could we do?
Evaluate consequences	I	Children evaluate consequences
What might happen then?	N	What might happen then?
	K	
Choose best solution	D	Children choose best solution
Let's do it	0	Do it
Act!		Encourage children to act