

# Take CHARGE!

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## Power Practice 4

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **REVIEW**

Write down the first three *Take CHARGE!* steps.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Write down two body signals that tell you when you are getting frustrated or angry.

1. \_\_\_\_\_ 2. \_\_\_\_\_

Place a ✓ by two things that can happen when you are angry and forget to calm down and think.

I can get into trouble.

I can make a bad situation worse.

I get exactly what I want without any bad consequences.

### **PRACTICING NEW SKILLS**

Remember this example?

*Montavious sees Carlos and Tonya sitting together at lunch and starts teasing them and telling people they are in love. Carlos' heart begins to beat faster and his palms grow sweaty. Then, without thinking, he gets out of his seat and smacks Montavious on the head. The lunch monitor turns around just in time to see Carlos smack Montavious.*

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## Power Practice 4

Place a  $\checkmark$  beside the statement that contains goals and barriers:

- Montavious is teasing Carlos and Carlos wants him to stop.
- Carlos does not get along with Montavious.
- Montavious and Carlos both like Tonya.

What is Carlos' goal, and what barrier is keeping him from reaching it?

Goal: \_\_\_\_\_

Barrier: \_\_\_\_\_

Think of a problem you had recently. What was your goal, and what was the barrier that prevented you from reaching your goal?

Goal: \_\_\_\_\_

Barrier: \_\_\_\_\_

Did the problem make you feel frustrated or angry? \_\_\_\_\_

Did any body signals help you recognize how you were feeling? \_\_\_\_\_

What were they? \_\_\_\_\_

### HOW DID I DO?

Think about what you did during the *Take CHARGE!* lesson today. Then record the number of points you think you deserve for each item below. If you get most of the points, give yourself a pat on the back!

I listened. (0-3 points)       I participated. (0-3 points)       I cooperated.

(0-3 points)       I completed my *Power Practice*. (0-2 points)      TOTAL \_\_\_\_\_