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.*
Place a √ 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 ______