

# STOP THINK ACT SONG

Access the video and the song here  
<https://youtu.be/wbMZVAoig5A>



Stop, think, act just like that.  
Take a breath, no need to react.  
Stop, think, act just like that.  
I can stay calm, I've got the facts.



Sometimes I feel like jumping around.  
My feet are fast, they tap the ground.  
But I take a breath and slow it down.  
I count to three then I go.



Stop, think, act just like that.  
Take a breath, no need to react.  
Stop, think, act just like that.  
I can stay calm, I've got the facts.



I want to go first, it's hard to wait.  
I tap my toe and hesitate.  
But I take a breath and let it be.  
I wait my turn so patiently.

Stop, think, act just like that.  
Take a breath, no need to react.  
Stop, think, act just like that.  
I can stay calm, I've got the facts.



If I feel mad and want to shout.  
I stop and think before it comes out.  
I ask myself what can I do?  
Then I choose a way that helps me to...



Stop, think, act just like that.  
Take a breath, no need to react.  
Stop, think, act just like that.  
I can stay calm, I've got the facts.

Sometimes my hands want to push or play.  
But I know when it's not the right way.  
I stop, I wait, I stay in my space.  
That helps everyone feel safe in this place.



Stop, think, act just like that.  
Take a breath, no need to react.  
Stop, think, act just like that.  
I can stay calm, I've got the facts.



# Stop, Think, Act: What Would You Do?

**Read each situation. Then answer these three questions – there are examples provided for each one:**

- How can you stop?
  - How can you think?
  - How can you act?
- 

**1.  You feel really wiggly and want to jump out of your seat during a lesson.**

- Stop: Take a deep breath and sit still for a moment.
  - Think: "Is this the right time to move?"
  - Act: Quietly ask for a break or do a small stretch in your seat.
- 

**2.  You really want to answer the question, but the teacher calls on someone else.**

- Stop: Put your hand down and take a slow breath.
  - Think: "It's okay. I might get a turn next time."
  - Act: Keep listening and stay ready for the next question.
-

**3. 🤔 You feel mad because a friend said something unkind.**

- Stop: Take a few calming breaths.
  - Think: "Do I want to solve this or get help?"
  - Act: Use your words calmly or tell an adult how you feel.
- 

**4. 🙄 Someone cuts in front of you in the lunch line.**

- Stop: Stay where you are and take a deep breath.
  - Think: "What's a safe way to handle this?"
  - Act: Tell the person kindly, "I was next," or ask a grown-up to help.
- 

**5. 🧸 You're playing with a toy and someone grabs it from you.**

- Stop: Hold your body still and take a breath.
  - Think: "How can I let them know I'm upset without yelling?"
  - Act: Say, "I was still using that," or ask to take turns.
- 

**6. 😞 You didn't get picked for a game and feel left out.**

- Stop: Take a break and notice how your body feels.
  - Think: "What else can I do right now?"
  - Act: Join a different game or ask to play next round.
-

**7. 🦶 You're waiting in line and feel impatient. Your foot is tapping and you want to go first.**

- Stop: Put your hands in your pockets or count to 10.
  - Think: "Everyone has to wait sometimes."
  - Act: Stay in line quietly and wait your turn.
- 

**8. 🗣️ You want to tell a long story but your friend is talking.**

- Stop: Take a slow breath and pause.
  - Think: "They're still talking—can I wait a little longer?"
  - Act: Wait your turn and then ask, "Can I tell you something now?"
- 

**9. 🎮 You're playing a game and the rules suddenly change. It feels unfair.**

- Stop: Walk away for a second or squeeze a stress ball.
  - Think: "Should I ask about the rules or take a break?"
  - Act: Ask nicely, "Can we go over the rules together?" or choose not to play.
- 

**10. 🖐️ You feel like pushing when someone stands too close.**

- Stop: Keep your hands to yourself and take a breath.
- Think: "What can I do to feel more comfortable?"
- Act: Step back or say, "Please give me space."