

SM K-1 L4 MY STOP & THINK TRAFFIC LIGHT

Grade: K-1

Competency Area: Self-Management

Lesson Title: My Stop & Think Traffic Light (Lesson #4)

T-SEL Standard: 2.G.1. Students begin practicing self-monitoring thoughts and actions and asking for help to stay motivated and focused. Students are aware of their body during active listening. Students are able to identify when they are focused and paying attention.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

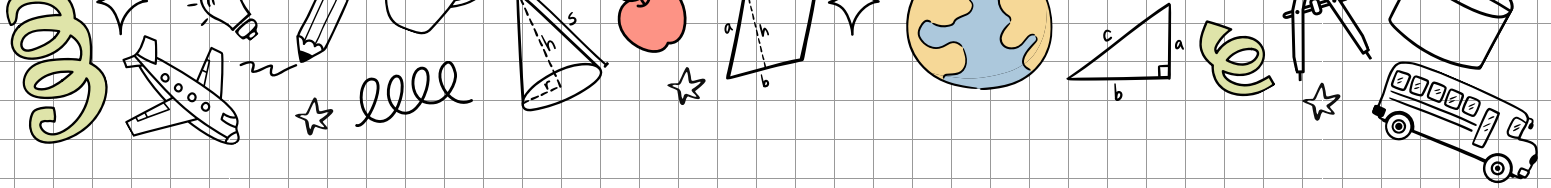
Lesson Directions:

1. Introduction: Begin by playing a round of “Red light, green light” with the students. Provide the directions to students if they are unfamiliar with how to play. It is suggested that the adult is the leader.

- The leader stands at one end of the space. Everyone else lines up at the other end.
- Listen for the Signal.
 - When the leader says “Green Light!” everyone walks or runs toward the leader.
 - When the leader says “Red Light!” everyone must stop and freeze.
- Go Back if you move. If someone moves after “Red Light,” they go back to the starting line.
- Win the Game. The first person to reach the leader becomes the new leader.

After completing one round of “**Red light, green light**,” instruct students to find a place to sit down. Ask the students “Just like the game we just played, what do traffic lights help with?” Guide students to the answer that they help cars be safe on the road. Explain to the students that we can use a special Stop & Think Traffic Light inside our heads to help us make safe and kind choices. It helps us pause before we do something that might not be a good choice.





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2. Drawing Activity: “**My Stop & Think Traffic Light.**” Explain the activity: "Today, we will draw a traffic light. The colors remind us to stop, think, and make good choices."

- Provide each student with a copy of the “My Stop & Think Traffic Light” handout.
- Red Light (Top): In the top circle, and text box, instruct students to draw or write about something they should STOP doing or a behavior they should avoid (e.g., yelling, hitting, interrupting, running inside).
- Yellow Light (Middle): In the middle circle and text box, instruct students to draw or write about what they should THINK about before acting (e.g., "What will happen if I do this?", "Is this kind?", "What's a better choice?").
- Green Light (Bottom): In the bottom circle and text box, instruct students to draw or write about a SMART CHOICE they can make (e.g., using a calm voice, asking for a turn, sharing, walking quietly).
- Encourage students to color the rest of their traffic light.

3. Discussion: Once all students have completed their drawings, lead a brief discussion with the students using the following questions:

- "What is one example of a 'stop' behavior you learned about today?"
- "Why is it important to 'think' before we 'go'?"
- "How does using your Stop & Think Traffic Light help you make good choices and be a good friend?"

End the lesson by reminding students that their inner Stop & Think Traffic Light is always there to help them make smart and kind decisions.





MY STOP & THINK TRAFFIC LIGHT

