

Paths Lesson 8 - Control Signals

Poster

Objectives:

- To introduce the Control Signals Poster
- To discuss, red, yellow and green on the Control Signals Poster

Control Signal Poster



- Red – Tells us to 'stop'
- Yellow – Tells us to 'go slow' and make a plan
- Green – Means we can 'go' and try our plan

Using the Control Signals Poster to solve a problem.

This morning I couldn't find my...



How did I feel?

Frustrated because I couldn't find my keys

Worried because I might be able to get to school on time.

What is the first thing I should do?

Control Signals Poster

1. Tell yourself to stop

2. Take a deep breath

3. Say the problem and how you feel

I felt a little calmer, but I still never had my keys. What should I do next?



Make a plan

Possible solutions?

- Call school and tell them I will be late
- Call a friend and ask for a lift
- Ring for a taxi
- Sit down and retrace your steps

*I thought about the last time I had my keys :
where I was and what I was wearing.*

It was raining heavily and I wore my raincoat.

I looked in my coat pocket and found them!



If your first plan doesn't work,
what do you do?

Why is it important to calm down
before you act?

There are many times we have to stop and calm down so we can use our thinking skills to solve problems.

It's hard to use The Golden Rule unless we slow down and think about how another person feels when there is a problem.



*The
Golden
Rule*

We will use our Control Signals Poster this year to help us become even better problem-solvers.

I want to see you use these skills whenever you feel upset and I will do the same.

