

RESPONSIBLE

RESPONSIBLE FOR ACTIONS

We cannot control others and what they say and do but we are in charge of ourselves and what we say and do. We are responsible for finding a good way to handle the problem even if someone doesn't treat us the way we think they should. Don't fall into the pit of name calling, getting revenge, blaming, hitting, pushing, or teasing to handle the problem – it will not have a happy ending.

Below, think of good, responsible ways to handle bad situations. You may choose your own words or use the answer selection from the box.

Possible answer choices:

- Choose to forgive and move on.
- Count to 10 to calm down, turn my brain on, and then find a good way to let him/her know that I don't like what he/she said.
- Choose to ignore him/her and get busy doing something else.
- Use my self-control and get help from the teacher.
- Send an 'I' message to let her know in a nice way that it bothered me.
- Choose to not let it bother me.
- Accept responsibility and admit what I did wrong and then accept the consequences for my action.

1. Even though Henry said that I was dumb,
I can _____
2. Even though Billy kicked me,
I can _____
3. Even though Sara broke my pencil by accident,
I can _____
4. Even though Emma took my glue without asking,
I can _____
5. When my teacher talked to me about something I did wrong,
I can _____
6. Even though Victoria broke in front of me in line,
I can _____
7. Even though Chris made fun of me,
I can _____
8. (Create one of your own)
Even though _____
I can _____



"Remember you are in charge of your actions. make sure your actions are something that you can be proud of and that you feel your parent/guardian and teacher would also be proud of."