



STOP



skill

The **STOP** skill helps kids to be less impulsive (i.e., fight or run away) because impulsive behaviors only make situations worse. Let's look at each letter of the **STOP** skill:

1. Stop.

When you begin to feel like your emotions are going to take over, stop and freeze in place. Don't react to your feelings or the situation.

2. Take a deep breath & Think.

Taking a deep breath calms your body which helps you to be more self-aware and think clearly. It also gives you the chance to think of other ways to handle the situation instead of reacting.

3. Options and Outcomes.

Now that you are more self-aware and in control, use wise mind to think of three ways to solve the situation. Also, figure out the outcome for each solution (will it turn out well or cause more problems?).

4. Pick the most effective one and proceed (go!)

Consider your choices and their outcome. Does the choice make the situation better or worse? Ask your wise mind how to deal with the problem. Choose a solution that will lead to a positive outcome, and do it mindfully.

