

In or Out of Control?

Colorful Health: Well-being and Learning



CREATE two different endings to a very short story, one with an “in control solution” and one with an “out of control” reaction.

Short Story Starter Ideas:

“One day I was sitting at my desk coloring. My friend came over and took a crayon off my desk without saying a word. I ____.”

“After dinner my brother and sister help clean up the kitchen but I prefer to stay out of their way. My sister called me lazy but I ____.”

“A group of students at school was making fun of a new kid. I did not know the new person but could see how upset he was. I ____.”

In control **Out of control**

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In control **Out of control**

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In control **Out of control**

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PRESENT both endings to a story. Describe what the problem was, how the people in the story felt, and how the endings represent choices of being socially aware and using self-control to solve a problem.



RESPOND to others’ story endings and how each situation makes you feel. If a situation gets tense or feels “out of control” what are some ways we can calm ourselves? For example, try taking a very long deep breath or counting slowly when letting air out of your lungs. Imagine a new ending that turns the story around.

New ending

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CONNECT the pretend stories with real situations in your life that make you feel weak, angry, frustrated, or “out of control.” Write a short story that describes the situation and end it with a positive decision that solves a problem with calm, kind, or hopeful words. Practice acting out the story as a short skit. You’re in control!

