THINK TWICE SCENARIOS

1. You're playing in your room when you notice a *delicious, yummy, amazing* smell. You stop, run to the kitchen, and see your grown-up taking a pan of your *favorite* cookies out of the oven. They smell SO GOOD, and you're *really* hungry. Your grown-up says you can have one *after* supper, then walks away.

Stop. (Pause.) Think (Point to temple with one hand.) twice. (Point to other side of temple with other hand.) Do you...

• Sneak a cookie while your grownup is gone?

Or

- Go back to playing and wait until after supper to have a cookie?
- 2. You're walking in a store when you see your *favorite* candy. You've been saving your money to buy a toy, but the candy looks so *good* that your mouth is watering!

Stop. (Pause.) Think (Point to temple with one hand.) twice. (Point to other side of temple with other hand.) Do you...

• Tell yourself that you'll buy some candy AFTER you've bought your toy?

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- Go ahead and buy some candy now?
- 3. You're at school doing some challenging math work. When you finish, you can go to your *favorite* center. But the work is hard, and it seems like it's going to take *forever* to finish. You look at the kid beside you and see that they've finished.

Stop. (Pause.) Think (Point to temple with one hand.) twice. (Point to other side of temple with other hand.) Do you...

Copy their answers so you can go play?

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- Take the time to finish the worksheet yourself?
- 4. Your grown-up tells you that you need to clean your room. You pick up your toys, put your books on the bookshelf, and make your bed. Then you look out your window and see your friends playing outside. You want to play with them, but you can't go until you finish. You look around the room and see that there are still some clothes you need to hang in your closet.

Stop. (Pause.) Think (Point to temple with one hand.) twice. (Point to other side of temple with other hand.) Do you...

Quickly stuff the clothes into your hamper and run outside to play?

Or

Carefully hang the clothes in your closet before you go play?