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YOUR AMAZING ABC'S for wise choices

Mini Lesson and Implementation Ideas



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tips for use

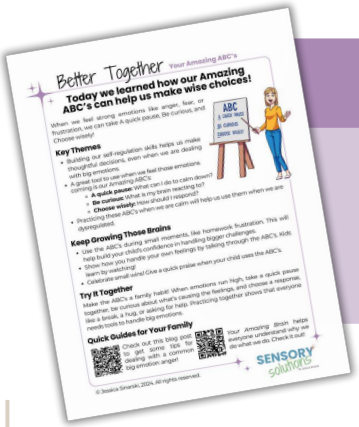
ASCA standards:
- M 5
- B-LS 4
- B-SMS 5

This mini lesson and tip sheet will help you build critical self-regulation skills in your classroom and throughout the building.

Model the steps in real time as you manage your own emotions.

Notice when students are successfully using their ABC's and share those "wins" with colleagues.

Use the **Tips for Implementation Success** on the last page as a guide for building momentum schoolwide.


Better Together Your Amazing ABC's

Today we learned how our Amazing ABC's can help us make wise choices!

Building Bridges

To bridge the gap between home and school, send **Better Together: Your Amazing ABC's** home with each student.

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Mini Lesson

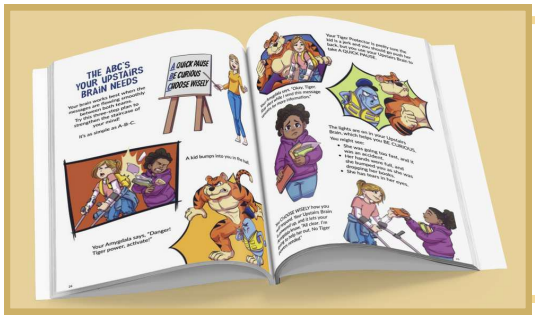
Every educator wants to help students learn to make wise choices, but we know it takes more than hanging a poster on the wall to build strong self-regulation skills. This mini lesson and tip sheet will help you integrate the brain-boosting power of **Your Amazing ABC's** into your school community.

Learning Objectives

- Increase students' ability to make thoughtful decisions.
- Help students become aware of their emotional responses.

Introduce the Poster

Begin by introducing the poster to the class, explaining that it's a tool to help us understand how our brains react when we feel strong emotions like anger, fear, or frustration.



Use pages 24 and 25 of *Your Amazing Brain* to show students the ABC's in action. If needed, provide a refresher on brain basics, like the amygdala alarm and the Upstairs & Downstairs Brain.

Start Small

Help students practice with characters from familiar stories or pretend scenarios to help them get comfortable with the steps before applying them to real life.

Scenario Practice in Groups

Provide a few classroom-related examples, like getting frustrated over a difficult math problem or feeling upset during recess. Walk students through the poster's steps:

- **A quick pause:** What can I do to calm down?
- **Be curious:** What is my brain reacting to?
- **Choose wisely:** How should I respond?

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Practice, Practice, Practice

Make It Fun
Help students tolerate the important but sometimes boring practice of self-regulation by getting stuffed animals or puppets involved. With older students, try splitting into small groups and assigning a director and actors to play out the scenes.

Keep It Visible
Place the poster in a visible, easily accessible spot in the classroom to be used as an anchor chart.



Model & Reinforce Daily Use

- Prompt students to use their ABC's as part of a daily routine, like between morning subjects or after recess. This gradually strengthens their self-regulation "muscles."
- During class, model using the poster when emotions run high.
- Consider developing a discreet signal, like a small hand gesture, that students can use to indicate they need a moment for their ABC's. This helps students access the tool without feeling self-conscious.

Reflect & Grow

- At the end of each week, hold a class reflection session where students share times they used the poster's strategies to manage their emotions. This helps reinforce the importance of using it regularly. These reflections can also be shared at staff meetings to bolster schoolwide momentum.
- Over time, help students internalize the steps on the poster. Encourage them to use these strategies without needing to reference the poster every time, empowering them to self-regulate in various situations.



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Tips for Implementation Success

1 Create Consistency Schoolwide

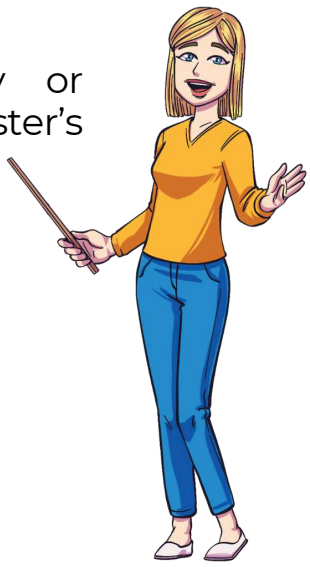
- Introduce the poster and its concepts to all staff, encouraging schoolwide use for emotional regulation.
- Use the shared language from the poster (e.g., “Take a quick pause” or “Be curious”) to create familiarity across different school environments.

2 Adapt for Individual Needs

- Work Up to It: Some students may benefit from lots of practice noticing how the ABCa are helpful in stories or playful scenarios before they are able to put it into practice. Use storybooks, role-playing, or puppet shows to model the steps, allowing students to see them in action and discuss how the characters might be feeling or responding.
- Customize It: For students who need extra support, use the **lanyard prompts** version of this poster or create a small, personalized version that they can keep at their desk or in a folder. This allows them to privately reference the strategies when they feel overwhelmed, giving them a sense of ownership over the tool and reinforcing its use in a subtle way.

3 Reinforce Regularly

- Administrators, engage staff in role-play or discussion scenarios where they apply the poster’s steps to their own workplace frustrations.
- Give 2-3 minutes of staff meeting time to share success stories.



Remember...

PRACTICE MAKES ~~PERFECT~~ BETTER.

When the process fails:

Take A Quick Break, B e Curious & C hoose Wisely.

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