

Scenario 1:

Jack comes home from school and feels extremely tired and hungry. All he wants is to be left alone in his room. Jack's Grandma is visiting and she asks him to start working on his homework at the kitchen table, so she can help him. Jack rolls his eyes and mumbles something disrespectful to his Grandma. Jack's Grandma responds that Jack has had friends over the last few days, which is why he's overtired and also behind in his English class. Jack gets angry, ignores his Grandma and leaves the room.

What was Jack feeling?

Jack was feeling irritable, tired and hungry.

Which habits of non-excellent thinking did Jack choose? Jack chose (2.) to ignore the criticism of his Grandma and he also (4.) let anger blur his judgment.

Which habits of excellent thinking could Jack have chosen to help the situation? Jack could have tried (1.) listening to different points of view, (3.) considering if he was wrong and (5.) thinking about the consequences of his actions.

What choices could Jack have made to prevent this situation from happening in the first place? Jack could have made himself a snack, since he was so hungry. He also could have had friends over after he had done all of his homework. This way, he wouldn't be behind in English and his Grandma wouldn't need to ask him to do homework. Jack could have also tried talking to his Grandma about his day as sometimes having someone to talk to can help you think through your feelings and behaviors in order to calm down.

Scenario 2:

Tyler, Ben and Davide are hanging out at lunch. Tyler and Ben start talking about another person in their class in a rude way, making fun of them and imitating them. Davide feels uncomfortable, but goes along with the jokes as he's with his buddies. Then, Tyler and Ben dare Davide to do something that ends up getting only Davide suspended from school.

What is Davide feeling? Davide is probably feeling a lot of things now. Maybe he is embarrassed that he followed his friends or annoyed that only he got caught.

Did Davide practice excellent habits of thinking in this situation? **No, Davide gave in to peer pressure as he didn't want to say anything to his friends. He chose not to think of the consequences of his actions. He didn't listen to what he was feeling, he didn't think about his choices and he only acted in an immature way.**

What choices could Davide have made to prevent this situation from happening in the first place?

If Davide had said something or left the table when Tyler and Ben were being rude, he wouldn't have gotten suspended. However, peer pressure is really hard to deal with. Davide might need to meet some new friends or join a sports club at lunch instead of hanging out with Tyler and Ben.

Scenario 3:

Brody is playing video games at night when he's supposed to be making his lunch for the next day. Brody tells his younger brother Brandon to go make their lunches. But Brandon gets distracted by the game and nobody makes the lunches. Instead, they stay up until after midnight playing their video game. The next morning, Brody has a headache and is annoyed at Brandon, telling him that he's not allowed to play his video games anymore.

What is Brody feeling? **Brody is annoyed at Brandon.**

Which habit of excellent thinking could Brody have practiced? **Brody could have practiced (5.) thinking about the consequences of his actions.**

Knowing what you do about healthy habits, what choices should Brody have made to prevent this situation from happening in the first place? **Brody should have paused his game and asked Brandon to help him make their lunch. Then, they could have set a timer for bedtime since it's hard to stop playing video games once you start. This would have helped them both prepare their lunch and get to bed on time to avoid a headache to start the next day.**