

Table of Contents



| | |
|--|-----|
| I. On the Way to School | 5 |
| 1. Getting Ready for School | 6 |
| 2. Walking to School | 10 |
| 3. Riding the Bus. | 14 |
| 4. Riding in a Car | 18 |
| II. Transitions | 23 |
| 5. Walking into School | 24 |
| 6. Organizing for Class | 28 |
| 7. Walking in the Hallway | 32 |
| 8. Standing in Line. | 36 |
| 9. Checking Out of School | 40 |
| III. Classroom | 45 |
| 10. Walking into Class | 46 |
| 11. Working in a Large Group | 50 |
| 12. Working in a Small Group | 54 |
| 13. Working in the Computer Lab. | 58 |
| 14. Working in a Science Lab | 62 |
| IV. Outside the Classroom | 67 |
| 15. Eating in the Cafeteria | 68 |
| 16. Emergency Drills | 72 |
| 17. Pep Rally. | 76 |
| 18. Sports Events | 80 |
| V. Peer Relationships | 85 |
| 19. Greeting Friends | 86 |
| 20. Starting a Conversation | 90 |
| 21. Compromising | 94 |
| 22. Showing Empathy | 98 |
| 23. Responding to Teasing | 102 |
| 24. Dealing with Bullies. | 106 |

| | |
|--|------------|
| 25. Dealing with Conflict | 110 |
| 26. Resisting Peer Pressure | 114 |
| 27. Resisting Pressure to Have Sex | 118 |
| 28. Saying No | 122 |
| VI. Team Sports | 127 |
| 29. Being a Good Sport | 128 |
| 30. Listening to My Coach | 132 |
| 31. Following the Rules of the Game | 136 |
| VII. Important Skills | 141 |
| 32. Greeting Teachers | 142 |
| 33. Asking for Help | 146 |
| 34. Making an Apology. | 150 |
| 35. Accepting Criticism. | 154 |
| 36. Saying Please and Thank You | 158 |
| 37. Following Directions | 162 |
| 38. Accepting Others | 166 |
| 39. Accepting Compliments | 170 |
| VIII. Public Places | 175 |
| 40. Eating in a Restaurant | 176 |
| 41. Eating in a Fast Food Restaurant | 180 |
| 42. Laundromat | 184 |
| IX. Tech Devices | 189 |
| 43. Using Cell Phones | 190 |
| 44. Text Messages. | 194 |
| 45. Cell Phone Photos | 198 |
| 46. Internet Etiquette. | 202 |
| X. Vocational Skills | 207 |
| 47. Getting Ready for Work. | 208 |
| 48. Talking to My Supervisor. | 212 |
| 49. Paying Attention to My Work | 216 |
| 50. Safety Rules at Work | 220 |

Getting Ready for School



self-talk story

I have trouble getting ready for school. I'm sleepy and sometimes get up late. I can't always find my homework and my teachers are unhappy with me when I leave it at home. I need to follow a plan for getting organized and being ready for school.

steps

- 1 I get up when the alarm clock rings.
- 2 I wash, use deodorant, and brush my teeth and hair.
- 3 I get dressed and check myself in the mirror.
- 4 I eat breakfast.
- 5 I get all of my homework and put it in my backpack.
- 6 I say goodbye and leave on time.

1

I get up when the alarm clock rings.



2

I wash, use deodorant, and brush my teeth and hair.



3

I get dressed and check myself in the mirror.



4

I eat breakfast.



5

I get all of my homework and put it in my backpack.



6

I say goodbye and leave on time.



self-monitoring checklist

| M | Tu | W | Th | F | Waiting for the Bus |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. I get up when the alarm clock rings. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. I wash, use deodorant, and brush my teeth and hair. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. I get dressed and check myself in the mirror. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. I eat breakfast. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. I get all of my homework and put it in my backpack. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. I say goodbye and leave on time. |

Problem 1. The alarm rings but you have trouble getting up and are often late. Tell one thing you can do.

Comment _____

Problem 2. Every morning you have trouble finding your backpack. Tell one thing you can do.

Comment _____

Walking to School

self-talk story

I walk to school every day. I remember to stay on the sidewalks, watch for people in front of me, and greet friends when I see them. I avoid sending text messages on my phone while walking so I can watch for people and cars. I cross the street at the crosswalks, look for cars, and stay in the crosswalks. I try to get to school as quickly as possible.

steps

- 1 I stay on the sidewalks.
- 2 I greet my friends.
- 3 I look for moving cars before crossing the street.
- 4 I use crosswalks and traffic lights.
- 5 I avoid sending text messages while crossing the street.
- 6 I get to school before the bell rings.

1

I stay on the sidewalks.



2

I greet my friends.



3

I look for moving cars before crossing the street.



4

I use crosswalks and traffic lights.



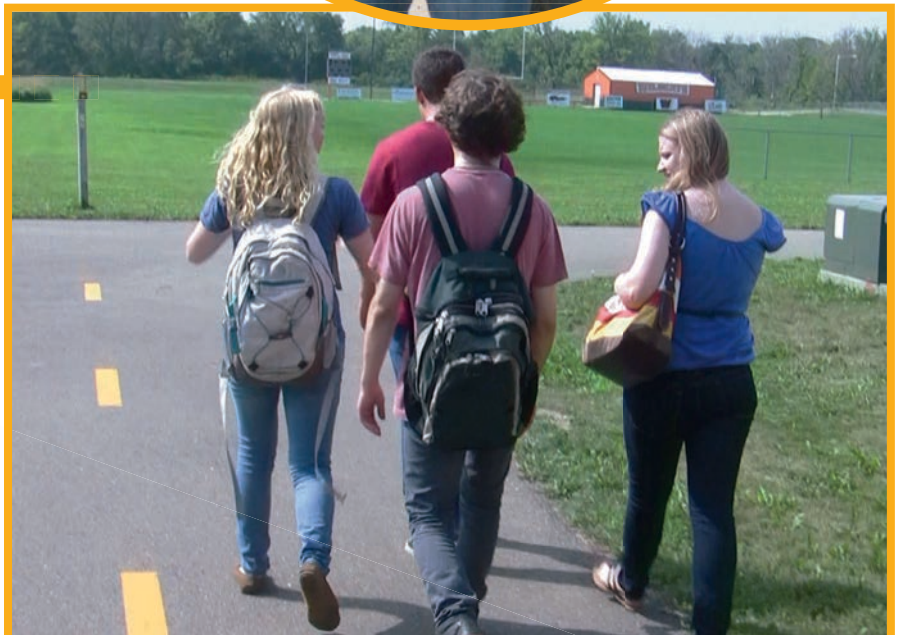
5

I avoid sending text messages while crossing the street.



6

I get to school before the bell rings.



self-monitoring checklist

| M | Tu | W | Th | F | Walking to School |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1. I stay on the sidewalks. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2. I greet my friends. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3. I look for moving cars before crossing the street. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 4. I use crosswalks and traffic lights. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 5. I avoid sending text messages while crossing the street. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 6. I get to school before the bell rings. |

Problem 1. You are walking with a friend to school. Your friend wants to cross a street when the Don't Walk signal is flashing. Tell one thing you can do.

Comment _____

Problem 2. You are about to cross the street and your friend sends you a text message. Tell one thing you can do.

Comment _____

Riding the Bus



self-talk story

I get on the bus with my backpack and ride to school following the bus rules. After I board the bus, I greet the driver and find an empty seat. I stay in my seat and talk quietly to my friends about okay things. I use ear buds if I listen to music. I get off the bus at school.

steps

- 1 I make sure I have my backpack.
- 2 I get on the bus and greet the driver with respect.
- 3 I sit down quietly and stay in my seat.
- 4 I talk quietly to my friends about okay things.
- 5 I can listen to music.
- 6 I get off when the bus stops at school.

1

I make sure I have my backpack.



2

I get on the bus and greet the driver with respect.



3

I sit down quietly and stay in my seat.

