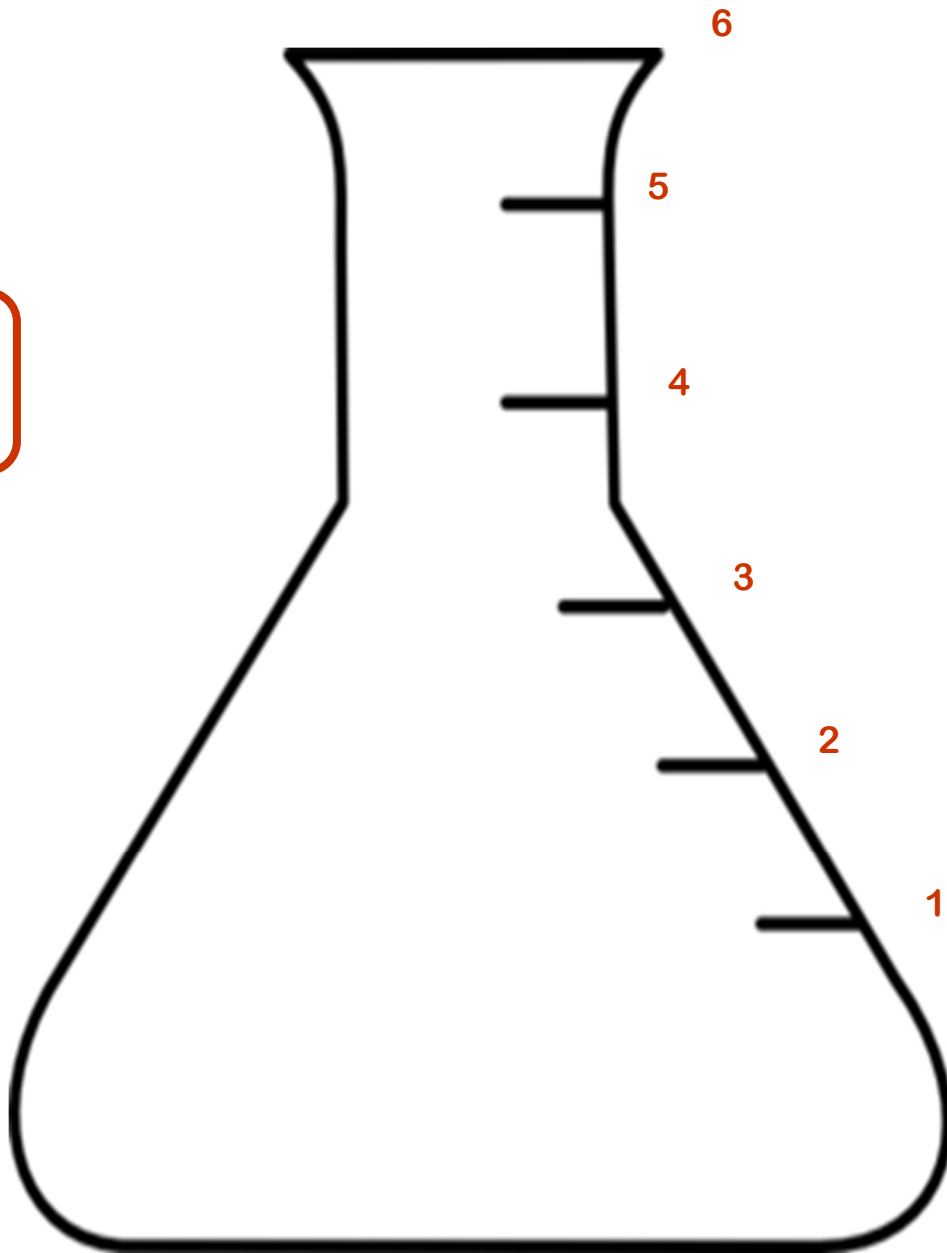


## BEAKER CHECK-IN

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your  
beaker level  
here

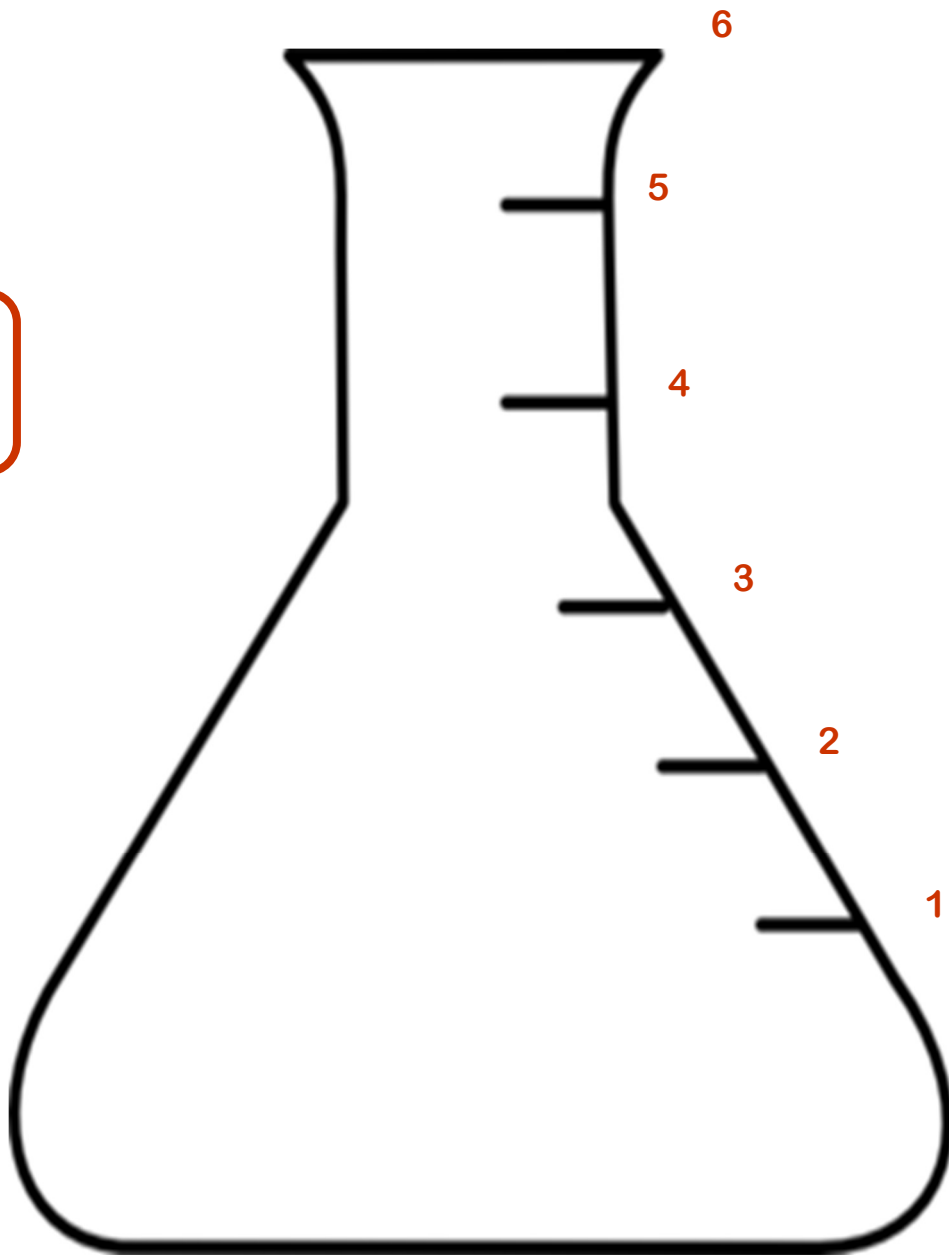


# BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

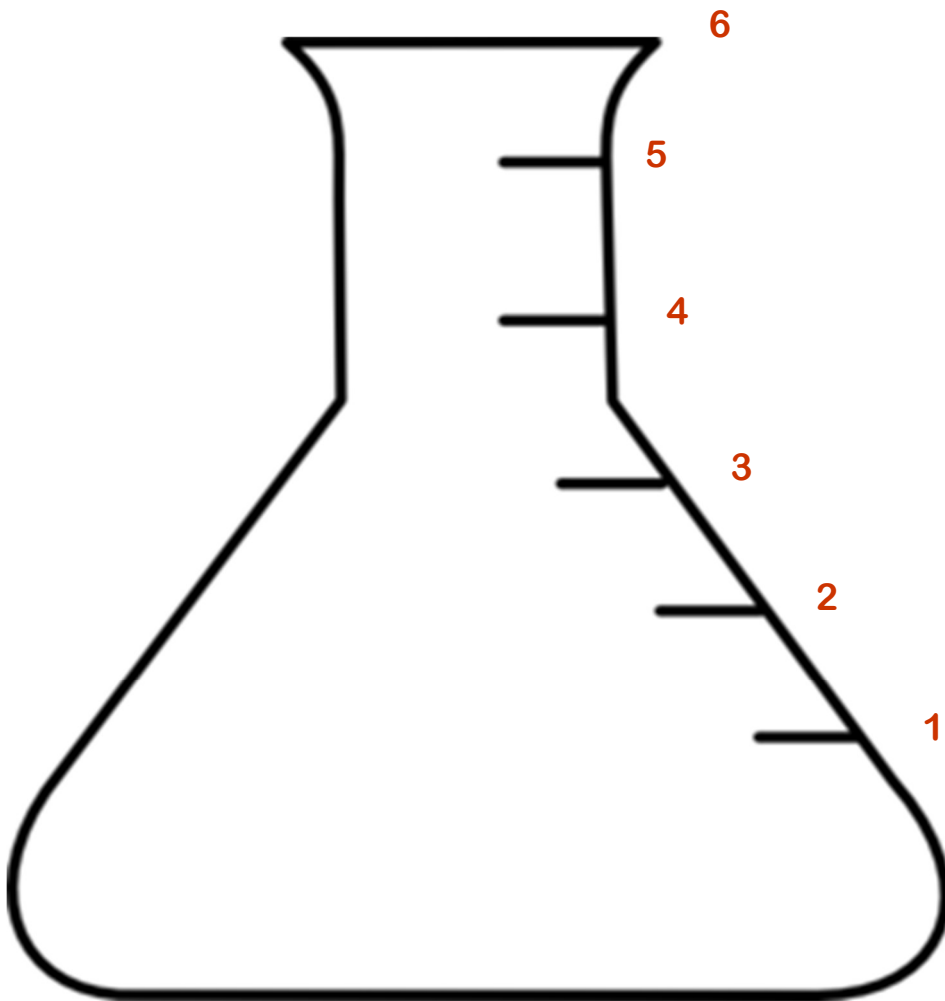
Write your  
beaker level  
here



## MISSION 1: BEAKER WATCH

How full is my beaker right now???

Fill in the beaker to show how full it is.



Write your beaker metre score for each day this week

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

# ROLE PLAY SCRIPT: PLAN B IN ACTION

Proactive Plan B conversation on the issue of Lying

ADULT: (empathy) I've noticed that sometimes it's hard for you to tell me the truth about some things.

CHILD: Like what?

ADULT: Well, the other day asked you if your homework was done and you told me it was. So I let you keep playing your video game. But I got a note from Mrs. Nixon today that your homework actually wasn't done.

CHILD: She's lying!!

ADULT: (empathy) She could be lying, I guess. But I've noticed that you were having trouble telling the truth about some other things that had nothing to do with Mrs. Nixon.

CHILD: What else?

ADULT: Um, when I called home from work last week I asked you if you had mowed the lawn yet and you told me you did. And then I got home and the lawn wasn't mowed. Remember?

CHILD: Well, I meant to mow the lawn before you got home, but I didn't get to it.

ADULT: (empathy, and then defining the problem) I understand how that could happen. The thing is, when you lie to me about those things it makes me feel like I can't trust you on other things.

CHILD: OK, I won't lie anymore!

ADULT: (clarifying the problem) Um, that would be wonderful. But I think I'd feel a little more confident about that if I understood why you were having trouble telling me the truth in the first place.

CHILD: I don't want you to get mad at me. I don't want you to scream at me.

ADULT: (empathy) Ah, you don't want me to get mad and scream at you. I can understand that. I guess I can get pretty mad about things, can't I?

CHILD: Yup.

ADULT: (redefining the problem, then invitation) OK, so you sometimes have trouble telling me the truth because you don't want me to get mad and scream at you. And I want to feel like I can trust you to tell the truth. Let's think about what we can do about that. You have any ideas?

CHILD: You could promise not to scream at me.

ADULT: I could promise that. Except I don't know if I can keep that promise all the time. I might slip up sometimes. I can promise to try very hard not to scream at you. Have you noticed I've been screaming a lot less lately?

CHILD: Yes. I could promise to try very hard not to lie to you.

ADULT: So we both have something to work on, don't we?

CHILD: Yup.

ADULT: What should we do if I slip up and start screaming?

CHILD: I could remind you of your promise.

ADULT: That would be very helpful. What should I do if you slip up and tell me a lie?

CHILD: You could remind me of my promise.

ADULT: I think we have got a plan. Let's see how it works. If it doesn't work too well we'll talk again and see if we can figure out what to do instead.

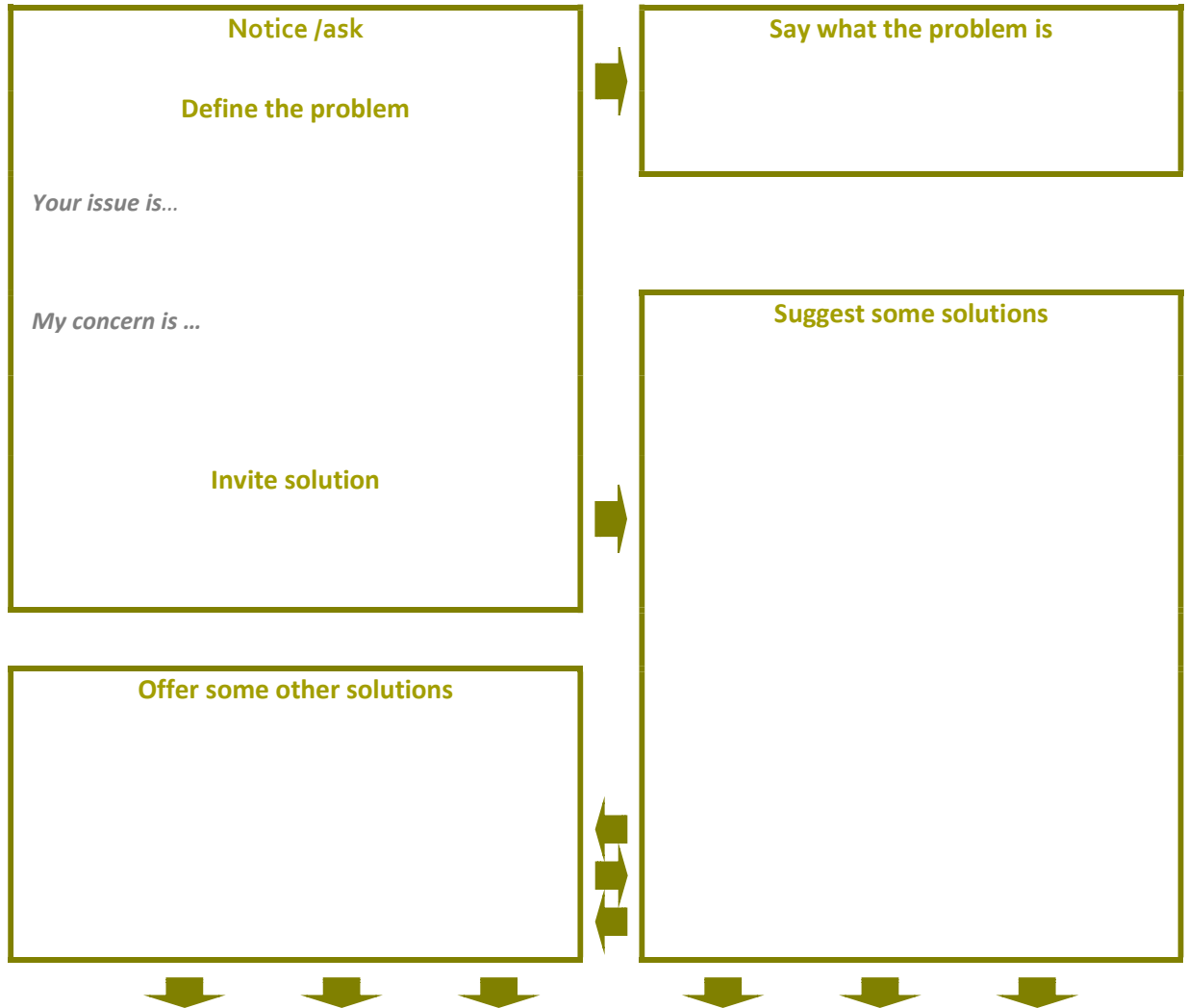
CHILD: OK

ADULT: Great. Now, how about we talk about that homework?

# PLAN B WORKSHEET

## ADULT 'S PLAN B

## CHILD'S PLAN B



Together pick a win/win solution and write it down

*Is the winning solution achievable, doable?*

*Is the winning solution satisfying to both of you?*

# PLAN B TRACKER

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

UNSOLVED PROBLEM #1	UNSOLVED PROBLEM #2	UNSOLVED PROBLEM #3
Adult Taking the Lead on Plan B	Adult Taking the Lead on Plan B	Adult Taking the Lead on Plan B
Kid's Concerns Identified (Empathy Step)  Date _____	Kid's Concerns Identified (Empathy Step)  Date _____	Kid's Concerns Identified (Empathy Step)  Date _____
Adult Concerns Identified (Define the Problem Step)  Date _____	Adult Concerns Identified (Define the Problem Step)  Date _____	Adult Concerns Identified (Define the Problem Step)  Date _____
Solution Agreed Upon (Invitation Step)  Date _____	Solution Agreed Upon (Invitation Step)  Date _____	Solution Agreed Upon (Invitation Step)  Date _____
Problem Solved? Yes _____ Date _____ No _____ Comment: _____	Problem Solved? Yes _____ Date _____ No _____ Comment: _____	Problem Solved? Yes _____ Date _____ No _____ Comment: _____

# THERE'S ALWAYS A SOLUTION



Silly solution



Magic solution



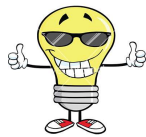
Scariest solution



Alien solution



Quickest solution



Cooliest solution

Serious solution



Most expensive

...



Worst solution

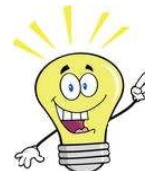


Cheapest solution



Funniest solution

Best solution





## ADULT'S PLAN B

### 1. Express empathy

- ✓ What's up?
- ✓ I hear you
- ✓ I'm not saying you can't...

### 3. Define the problem

- ✓ Your concern is
- ✓ My concern is

### 4. Offer invitation

- ✓ Let's think about how we can work this out..."



## CHILD'S PLAN B

### 2. Express your concern

- ✓ Say what your problem is
- ✓ Say why it is a problem

### 5. Offer solutions

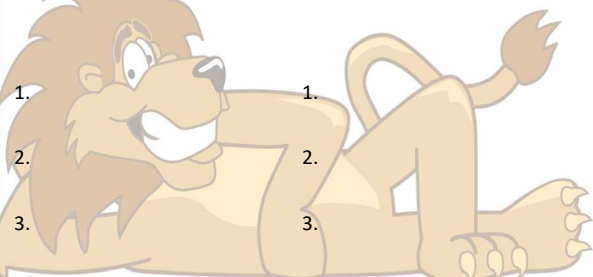
- ✓ Ask for help
- ✓ Meet half way
- ✓ Do it a different way



Choose a win/win solution that is doable/realistic and satisfies you both

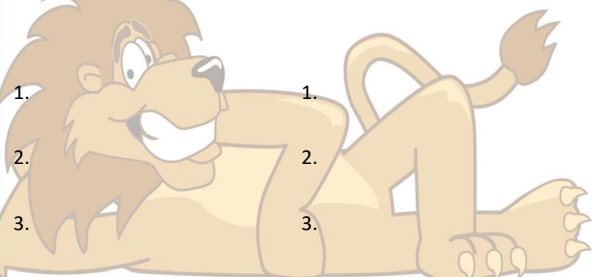
# ROAR FLASHCARDS

My top 6 beaker fillers      My top 6 warning signs



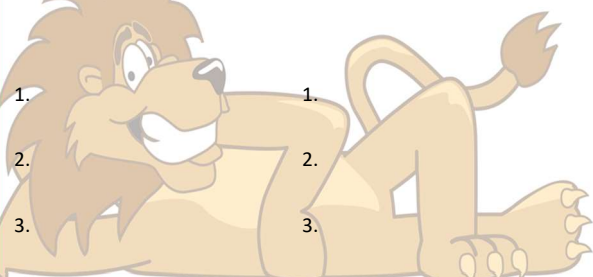
1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



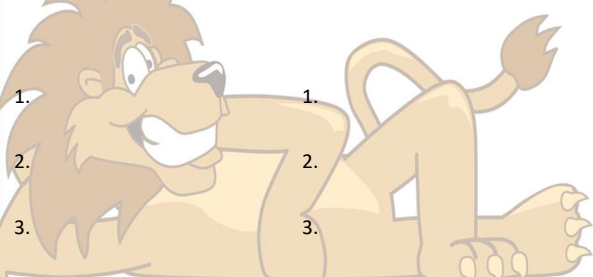
1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



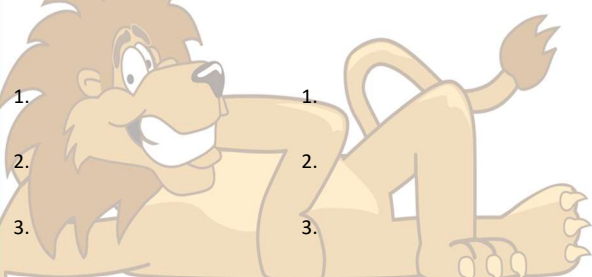
1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



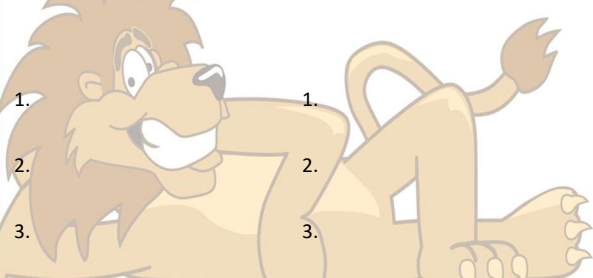
1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



1.      1.  
2.      2.  
3.      3.

My top 6 beaker fillers      My top 6 warning signs



1.      1.  
2.      2.  
3.      3.

# ROAR REVIEW

Let's think about all the new things we've learned.



Where does rage come from?

Those blasted leaky brakes!!!



Why do some kids rage?

We have more frustrations to tolerate than others do!!!



What things fill your frustration beaker?

We've identified the stuff like surprises, being tired, or when too much is going on!!!



How do you know when your beaker is filling?

By looking for the early warning signs in our bodies, and in the things we think and feel



What can you do to empty your beaker?

Breathing slowly and relaxing our bodies, physical activities that you really like to do, or taking a detour to somewhere you like to be by yourself



What's the best way to solve frustrating problems?

Switch to Plan B (collaborative problem solving)



What does Plan B mean for me?

It means I have to say clearly what my concern is, and then offer some solutions



What's the best kind of solution?

A "win/win" solution that's doable and satisfying to both people

Way to go - look how far you've come!!!



I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**



I need a  
**DETOUR!!!**

