

T: So you get to class and see that the teacher has switched. This puts you into the *Red*. (Teacher points to Red on the stoplight.) Student A what do you do?

S: Stop, Calm down, and Think.

T: Good. This moves you into the *Yellow*. Student B, what do we do when we're in the *Yellow*?

S: Consider our choices.

T: Exactly. So, Student C, what choices do you have?

S: Follow the lesson.

T: That's right. That's one choice. You can do nothing, keep your mouth shut and follow the lesson. Is this a good thing to do though?

S: (silence)

T: If you feel upset, and you don't say anything, will the feeling just go away? .. No, it won't. It will come out in other ways, right? You might shut down and not feel motivated to study, or you might say something disrespectful to make your friends laugh. So what should you do?

S: Tell the teacher how you feel?

T: I think yes, if you feel upset enough you should tell the teacher. But how should you tell them? What should you say?

S: We don't like you. (laughs)

T: You could say that, Student C. But what would the consequences be?

S: (Silence)

T: Well, for one that would hurt the teacher's feelings, right? And would it really get you what you want? Probably not. And what is it that you want?

S: (Silence)

T: You want a lesson that's more fun so you're more motivated to study, right? So, to get that, you need to tell the teacher how you're feeling, but with **skill**. You might say, "Teacher, we really liked the way the other teacher was teaching. Would it be ok if we continued doing some of those activities?"