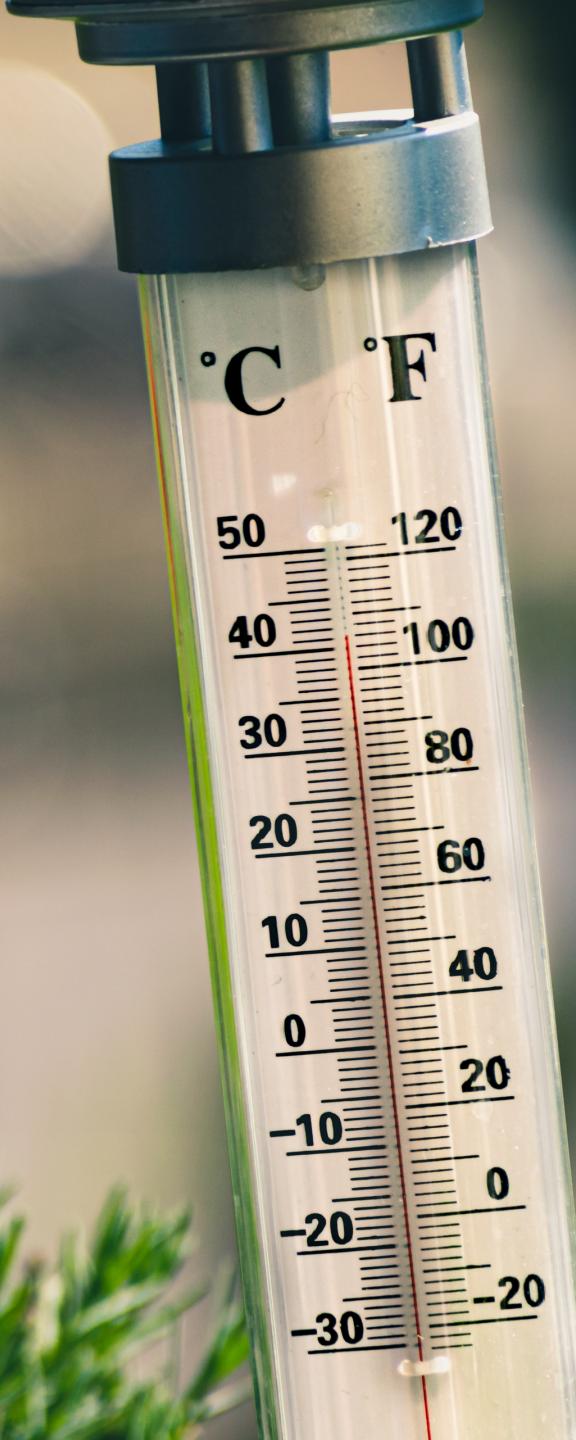


taking a read on our reactions

An Exercise for Self-Awareness & Self-Navigation



This activity uses a thermometer to help us see if our reactions match the size of the situations in which we find ourselves. You can do this on a piece of scrap paper, a piece of cardboard, whatever you have around. On the left-hand side name the situation. The bigger the situation, the higher it goes on the thermometer. On the right-hand side, draw a line to indicate your reaction to the situation. Does the level of your reaction equal the level of the situation?

Sample situations:

- I see someone being picked on at school.
- I have an important test coming up.
- I just finished an important test.
- A new movie with my favorite characters is being released in three days.

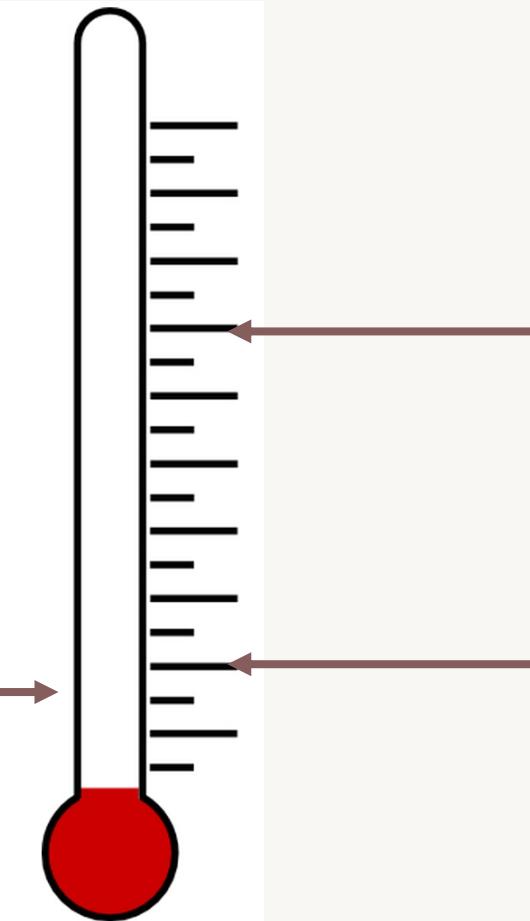
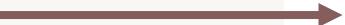
(Ambassador, please use examples that are age-appropriate/relevant to your club members. Ask them for additional suggestions of situations where they might over or under react.)

Think of times where your reaction typically doesn't match the temperature of the situation. Now think of strategies you can employ that can help you respond in a manner closer to the temperature of the situation. Take a few moments to role play using your strategies. You can do this with friends or family if you feel comfortable or play it out in your mind. Practicing will help you to deploy the strategies in "the heat of the moment."

If you journal, you can make this a regular reflection on your day. Were there any situations where your reaction was not in line with the temperature of the situation? What would you differently to change that? How was your day when your reactions were in line with the situation? Were there times when you successfully deployed strategies to respond to a situation instead of immediately reacting?

The Situation

I have to do chores before hanging out with my friends.



My Reaction

Screaming temper tantrum;
slamming doors

Pouting quietly for a few
minutes while I tackle the
work.

The Situation

My Reaction

