

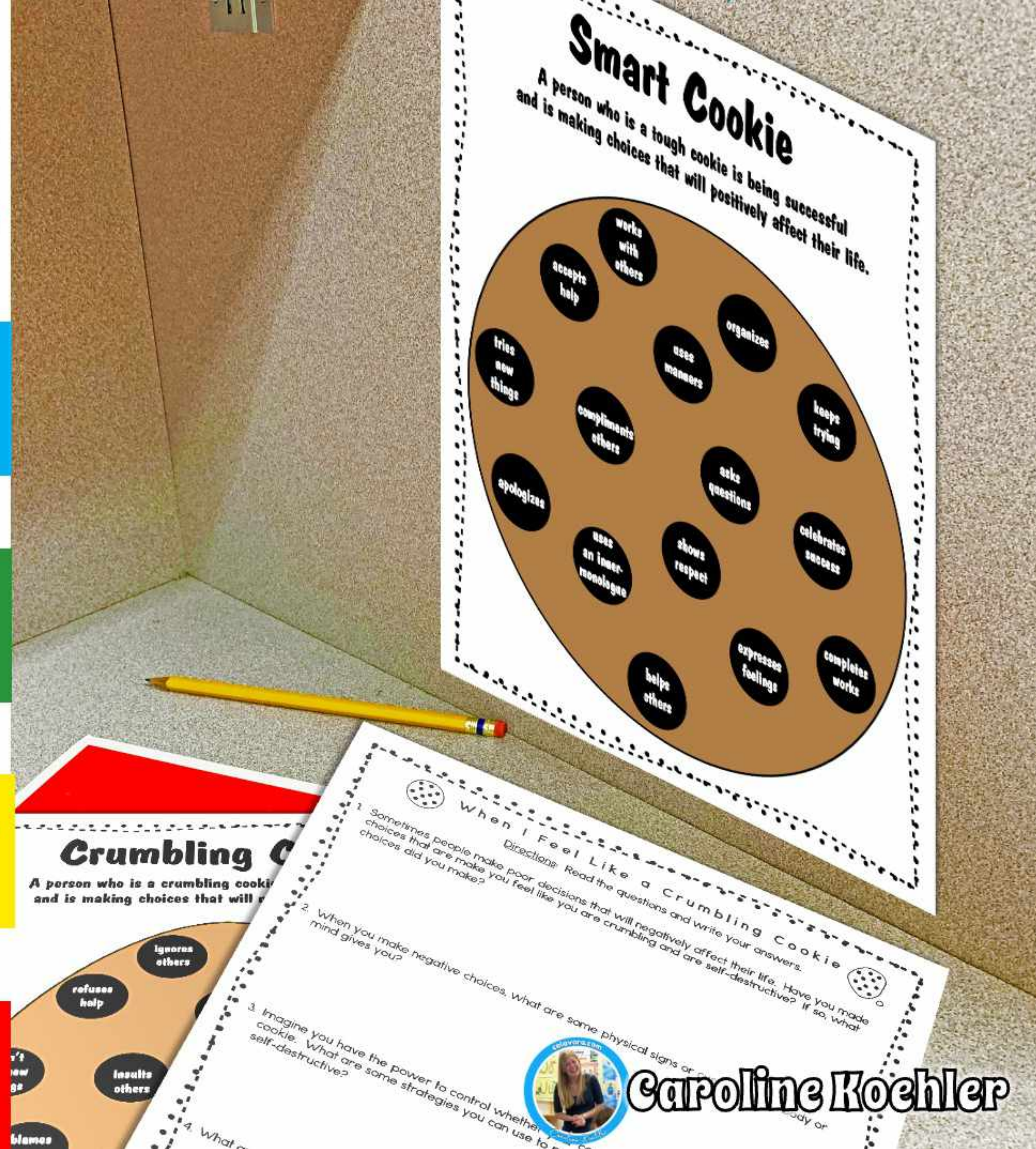
SMART COOKIE BEHAVIOR HELP

➤ BEHAVIOR SUPPORT

➤ EASY TO USE

➤ SPED FRIENDLY

➤ REGULATION TOOL

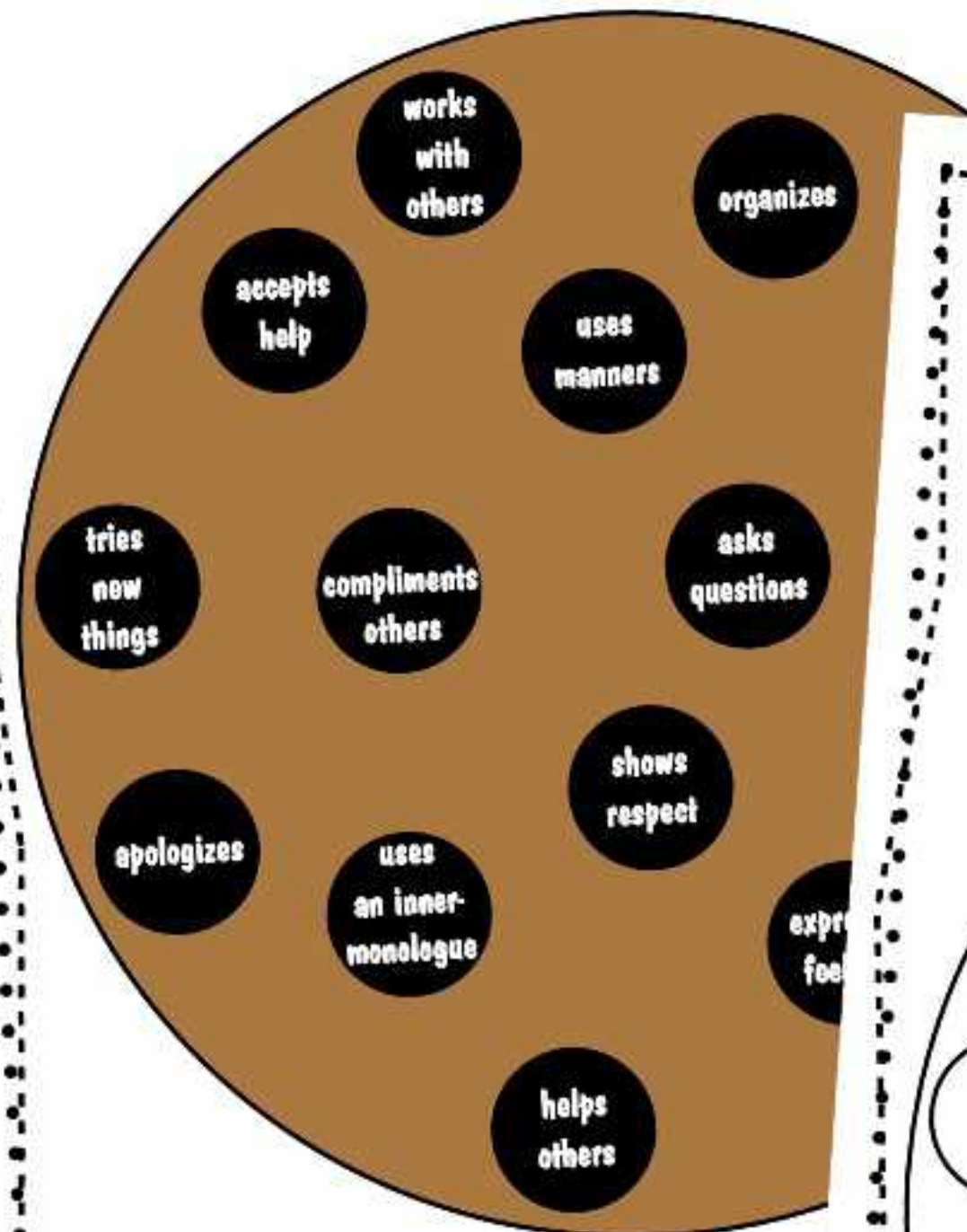


Caroline Koehler

SOCIAL EMOTIONAL ACTIVITIES

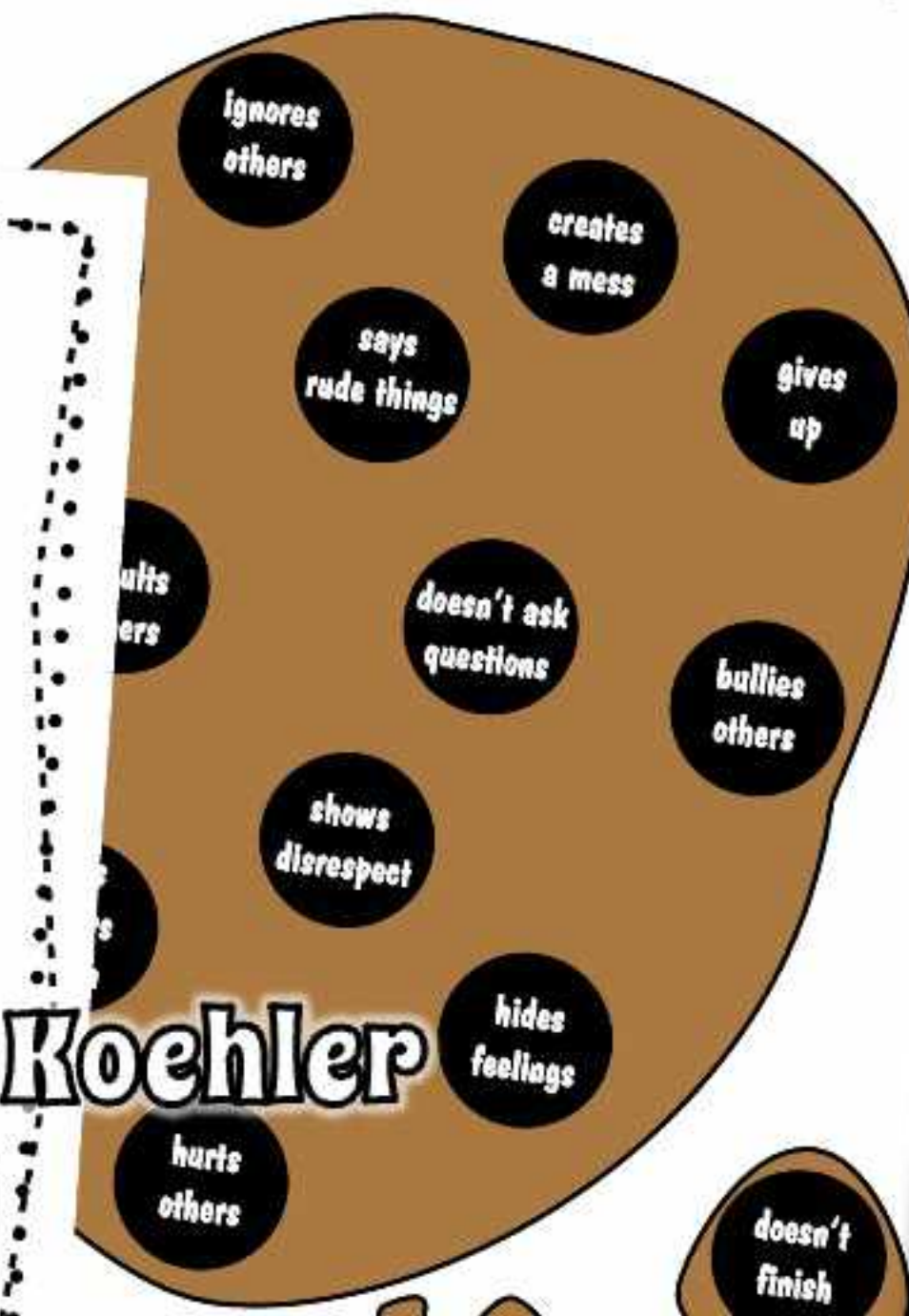
Tough Cookie

A person who is a tough cookie is being successful and is making choices that will positively affect their life.



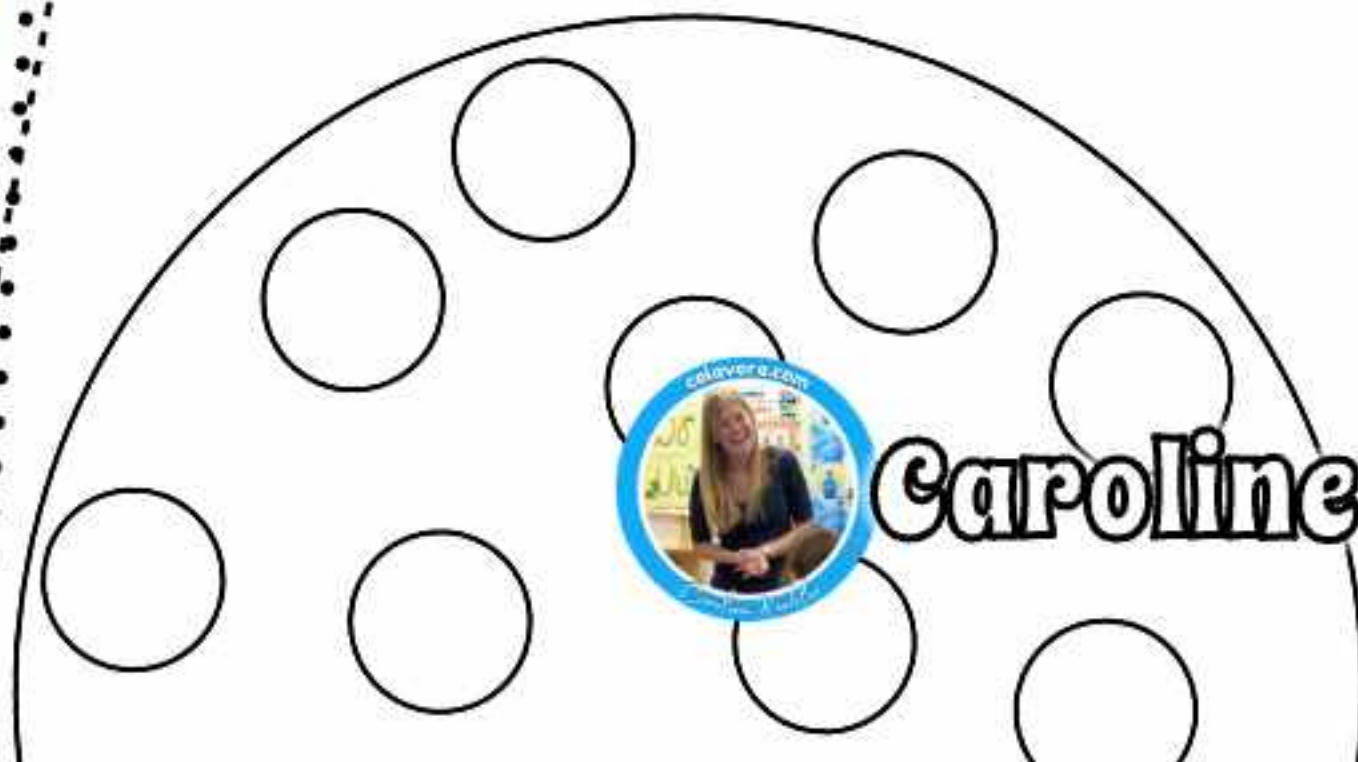
Crumbling Cookie

A person who is a crumbling cookie is being self destructive and is making choices that will negatively affect their life.



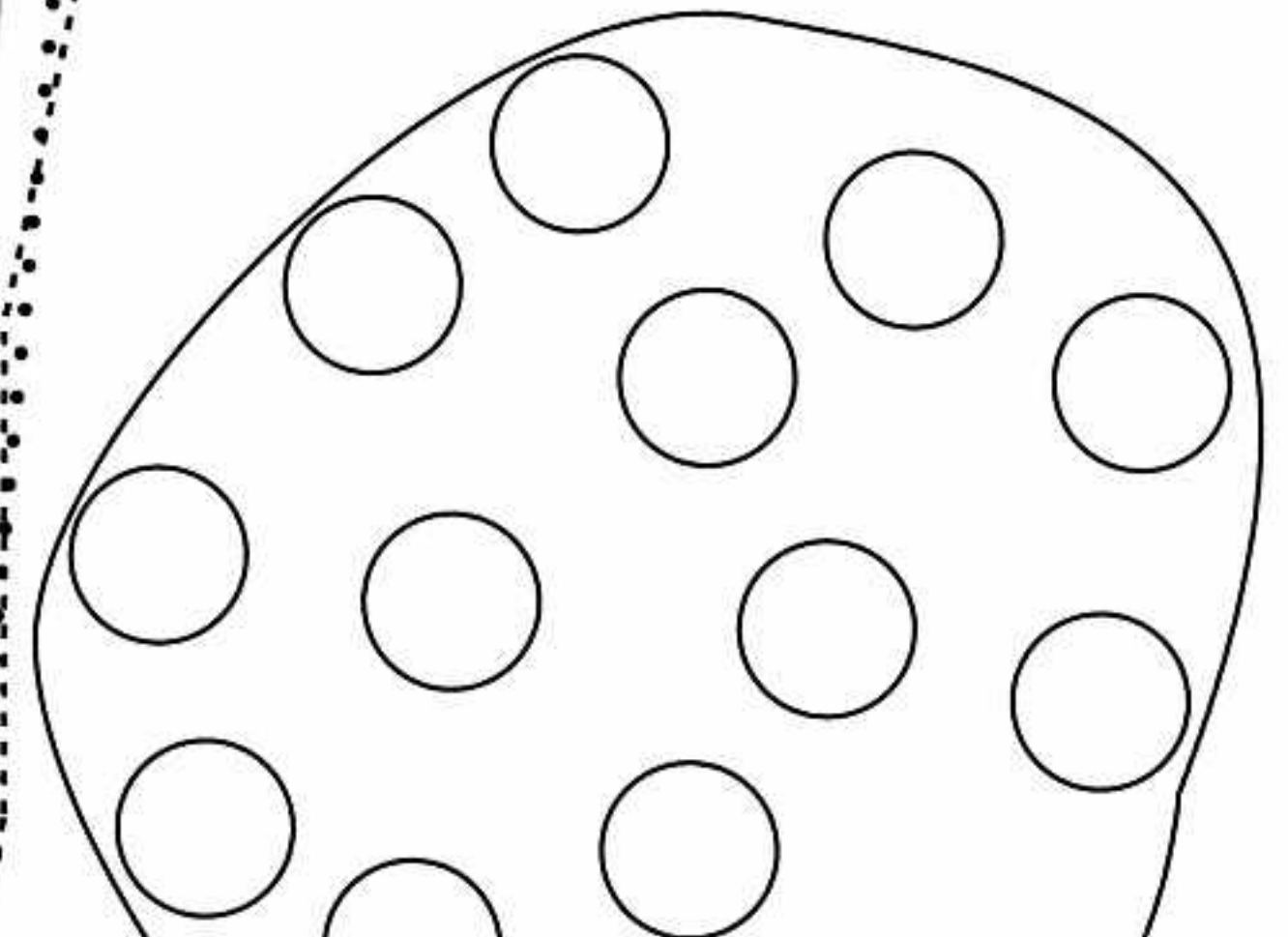
Smart Cookie

A person who is a tough cookie is being successful and is making choices that will positively affect their life.



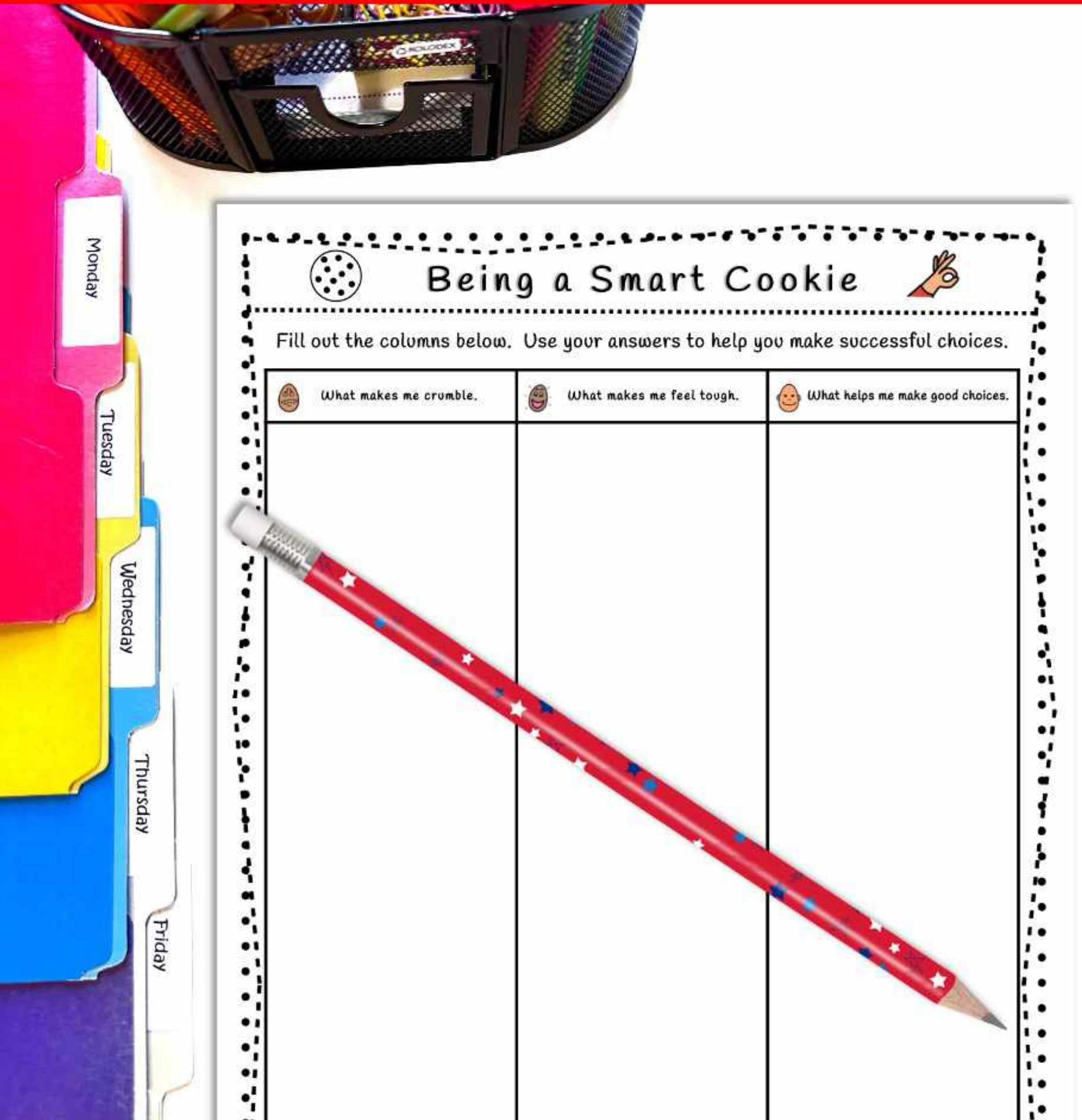
Crumbling Cookie

A person who is a crumbling cookie is being self destructive and is making choices that will negatively affect their life.



Caroline Koehler

SMART COOKIE WORKSHEETS

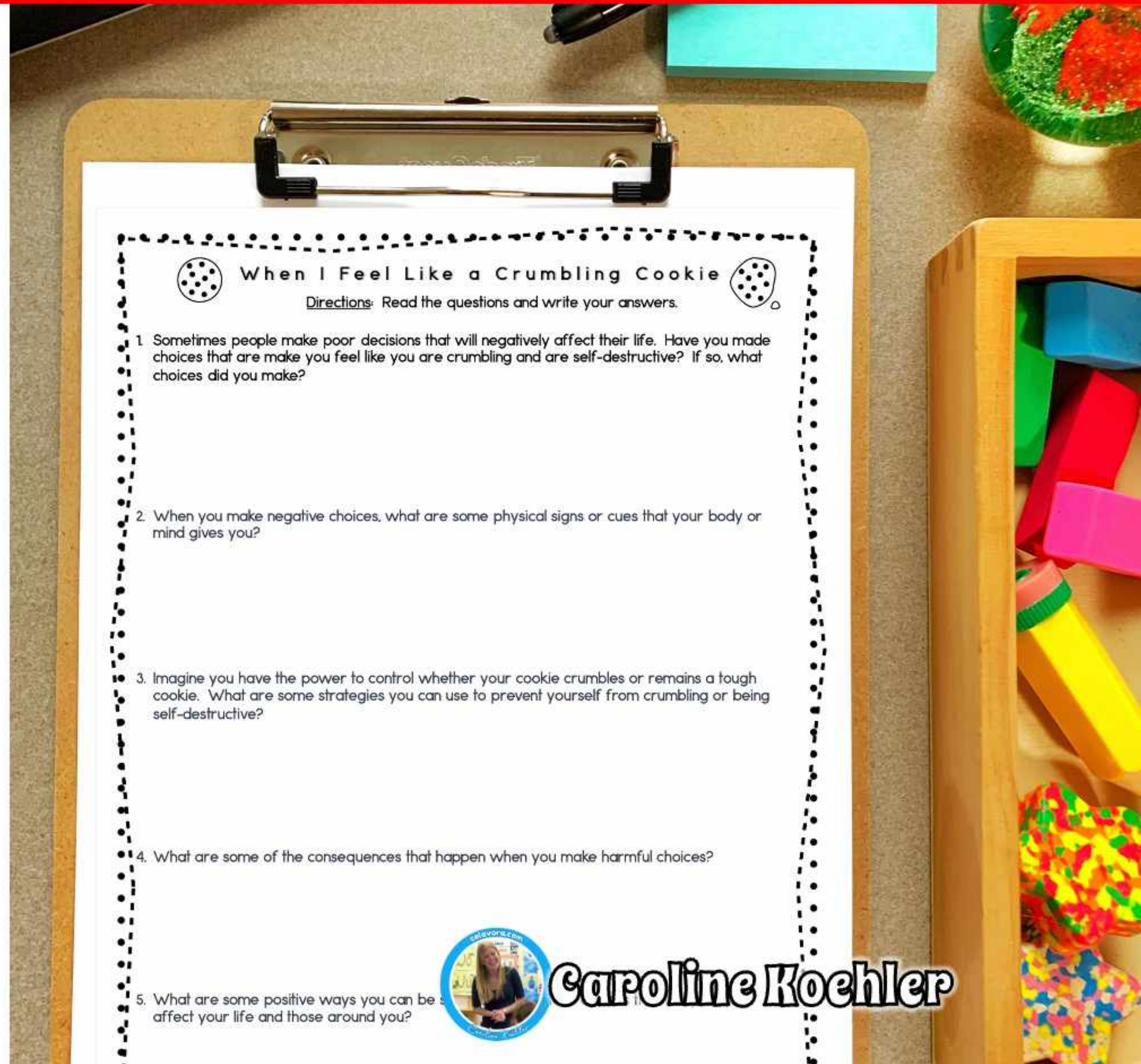


Being a Smart Cookie

Fill out the columns below. Use your answers to help you make successful choices.

 What makes me crumble.	 What makes me feel tough.	 What helps me make good choices.

A red pencil with white stars and blue dots is placed diagonally across the table.



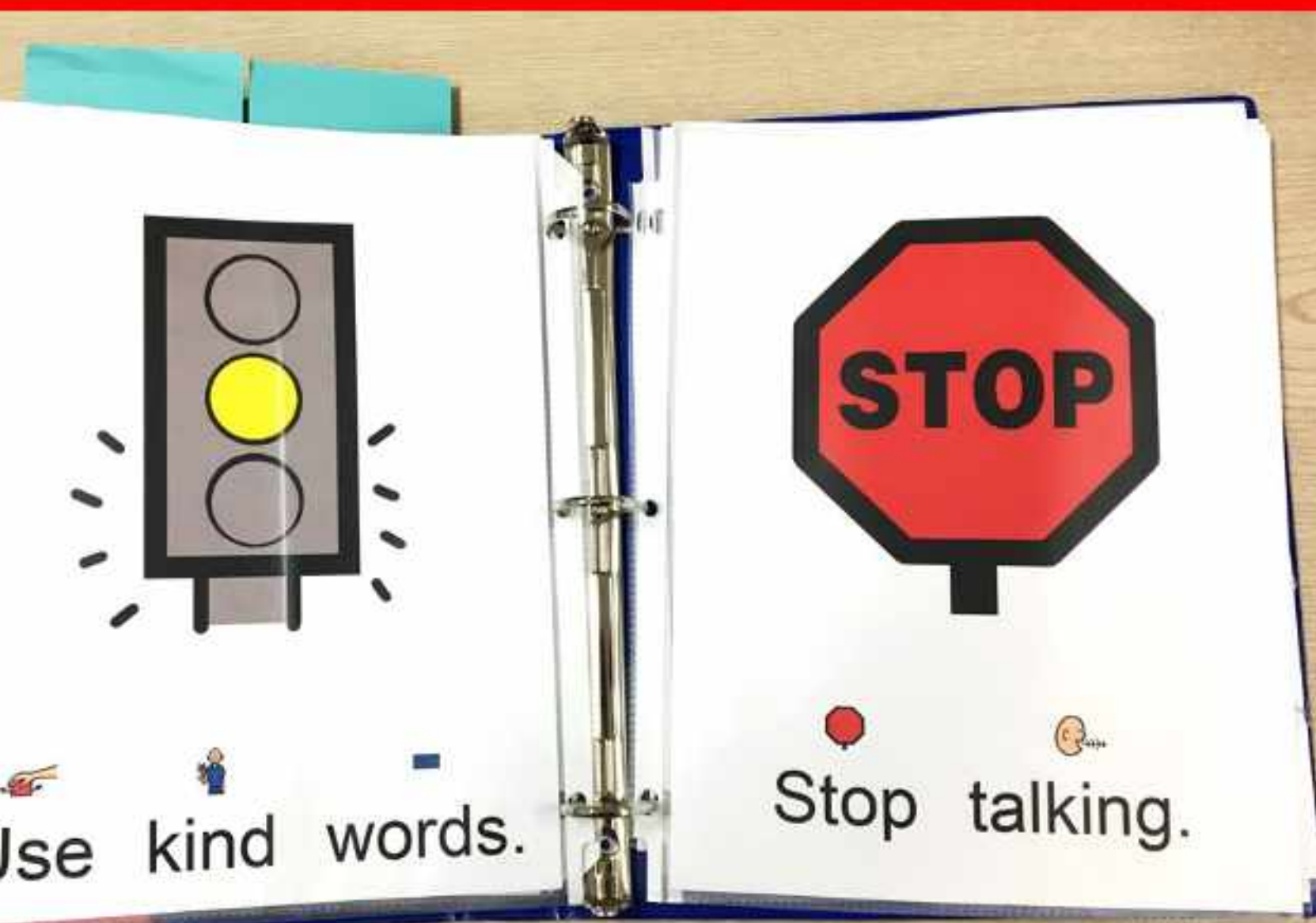
When I Feel Like a Crumbling Cookie

Directions: Read the questions and write your answers.

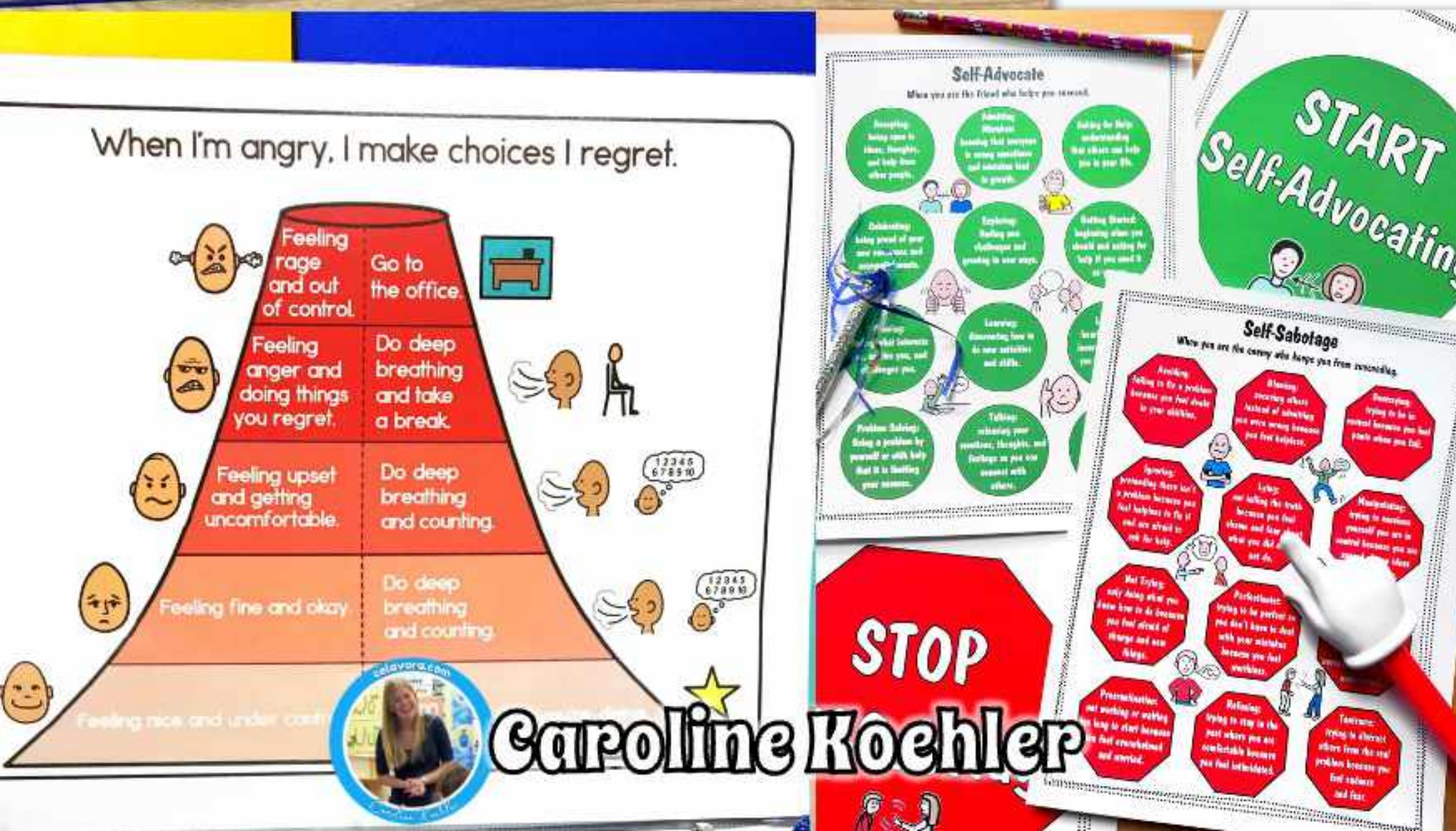
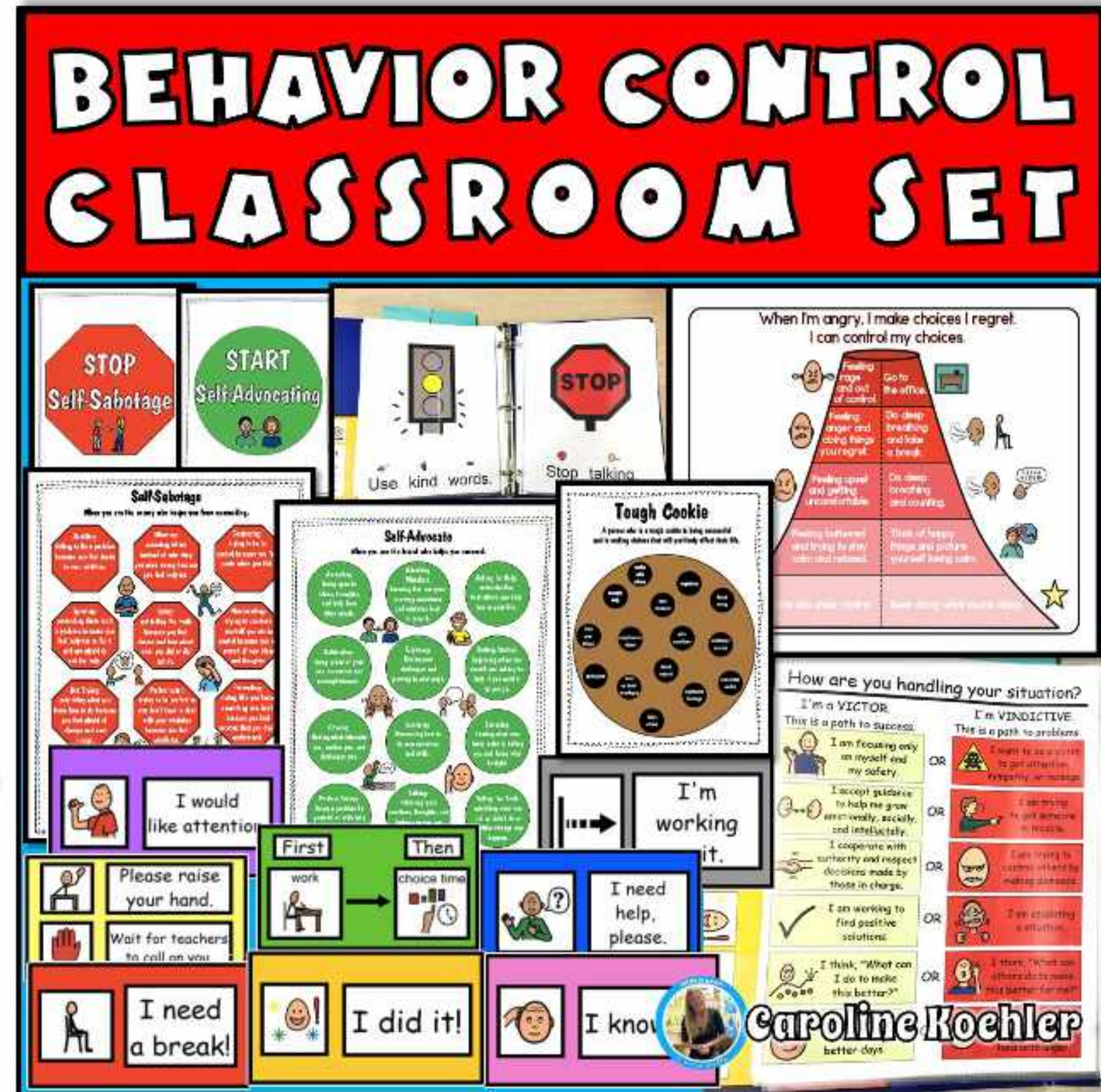
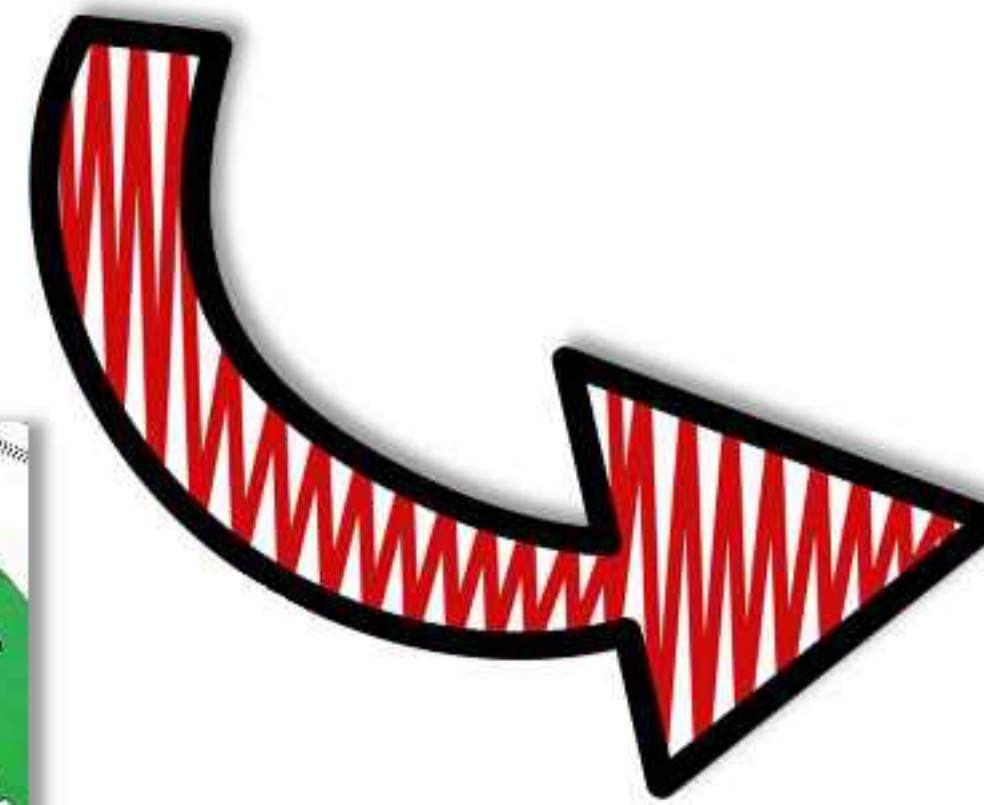
1. Sometimes people make poor decisions that will negatively affect their life. Have you made choices that make you feel like you are crumbling and are self-destructive? If so, what choices did you make?
2. When you make negative choices, what are some physical signs or cues that your body or mind gives you?
3. Imagine you have the power to control whether your cookie crumbles or remains a tough cookie. What are some strategies you can use to prevent yourself from crumbling or being self-destructive?
4. What are some of the consequences that happen when you make harmful choices?
5. What are some positive ways you can be affected by your choices and how can they affect your life and those around you?

 **Caroline Koehler**

CHECK OUT THE BUNDLE!



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- ✓ Behavior Management Tools
- ✓ SPED and IEP Assistance