

Name: _____

Using Your Big Voice

I don't like it when you _____

Please _____



Name: _____

Shubert's Big Voice

Shubert felt really mad when Big Benny took his apple, but he did not know the words to say. Mrs. Bookbinder taught Shubert how to use his "Big Voice." In a firm voice, Shubert said to Benny, "I don't like it when you push me. Give me back my apple."

1. Tell about a time when you have been in your survival state.

How could you help yourself get to your executive state?

2. Tell about a time when you have been in your emotional state.

How could you help yourself get to your executive state?

3. Tell about a time when you have been in your executive state.

4. What words could you use when someone steps on your toe in line, pushes in line, throws a piece of paper at you, or calls you a name?

