



OOPS! Helpful or Hurtful Activity (INDIVIDUAL)

The OOPS! Helpful or Hurtful Activity (INDIVIDUAL) helps elementary students recognize their unsafe and hurtful behaviors, then create a commitment showing what they will do differently in the future.

In the Conscious Discipline School Family, both students and adults commit to being safe and helpful. For children, it is important to discuss exactly how to practice safety and helpfulness at school. If you have not thoroughly discussed safety and helpfulness with your students, or if many students are struggling with being safe and helpful, start with the OOPS! Helpful or Hurtful Activity (GROUP).

The OOPS! Helpful or Hurtful Activity (INDIVIDUAL) is designed for individual children who continue to display behavior that is not safe or helpful. Using the included worksheet:

- Identify the student's unsafe/hurtful behavior.
- Help them create a commitment showing what they are going to do differently next time.
- **Example:** OOPS. When I push friends in line, it is NOT safe or helpful to my School Family. I am going to change the OOPS into a safe and helpful, "I did it!" Next time I am going to keep my arms to my side or move to the end of the line if I need more space.

At the end of the day or at select times throughout the day, invite the child to evaluate their commitments. Children respond with either "I did it" or "OOPS." An OOPS is an opportunity to try again the following day.

If the student's plan for next time is not working, it may be helpful to revisit their original commitment and make changes. Continued misbehavior may also be a sign that the student needs additional connection or a felt sense of safety at school.

OOPS! Helpful or Hurtful Activity

Commitments Check-up



I did it!



**OOPS!
Time to practice!**

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**Our commitment as a School
Family is to be *safe* and *helpful*.
How can you be *safe* and *helpful*?**

OOPS. When I _____
it is NOT safe or helpful to my School Family. I
am going to change the OOPS into a safe and
helpful “I did it!” Next time I am going to...

Name _____

Commitments Check-up



I did it!



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