

Circle of Grace

Stoplight Scenarios

Create your own stoplight or red, green, and yellow circles. Or just find something red, something green and something yellow in your house that your student can hold up or point to.

Read each situation to your student. After reading a situation, give your student a moment to think about it and then indicate if the situation is a red, green or yellow situation. Some situations, though clearly red to adults, may be unclear (yellow) from a child's perspective. This activity will help your student identify their own confusing feelings and to understand that they should talk to a trusted adult. Allow time for your student to discuss their feelings connected with each situation.

You are waiting for your parent to pick you up from school when an older kid asks you to come over to the playground because he wants to show you something cool on his phone. (curious, confused) - yellow/red

You see your brother crying and you ask if you can give him a hug (sad, caring) - green

Your big brother's friend wants you to wrestle with him. You don't want to because he is too rough and it makes you feel uncomfortable (worried, anxious) - red

You push someone out of line so you can be first (mad, selfish) - red

During school a classmate tries to cheat from your test. They whisper not to tell or they will beat you up (mad, anxious, pressured) - red

You are at a family party. Someone asks you to sit on his/her lap, but you don't want to (pressured, mad, and unsure) - red

You tell the leader when you found ten dollars on the playground and want to return it to its owner. (happy that you told) - green

Your mom or dad kisses you goodnight when you go to bed. (loved, comforted) - green

An adult you know asks you to go with him without asking permission from your parents. He/she tells you that your parents won't care if you go with him/her, but, "Don't tell your parents about our visit. They won't understand," (unsure, funny feeling in your tummy or heart, curious) - red

Your grandmother/grandfather wipes your tears when you fall down and hurt yourself (loved, comforted, safe) - green

You notice that your older sister is on the computer late at night when you get up to go to the bathroom. Your sister says not to tell anyone because both of you will get into trouble (guilty, afraid of punishment) - yellow/red

You are at the doctor and your mom is with you. The doctor checks your body to make sure it is healthy (safe, secure, embarrassed) - green

Your dad is planning a surprise birthday party for your mom (happiness, excitement, anticipation) - green

Someone acts like your friend but then tries to get you to do something you don't want to do because you know it is wrong or because it makes you feel confused or funny. They say, "If you tell, I will tell everyone that this was your idea," (confused, funny feeling, trapped) - red