



What Is the Expectation?

Imagine yourself on the playground, in the classroom, and at a new friend's house. How do you decide how to act in each situation?

Self-Control

Adheres to Social, Behavioral, & Moral Standards



Mindfulness Principle: Reset Experiences

Skill Focus: Recognize and establish different behavioral, social, and moral standards with social interactions within the different environments.

Preparation Materials: Chart paper

- 1 • Depending on whom we are interacting with and where we are, the expectations for how we speak and act change. Close your eyes and imagine that you have run into your close friend on the playground. How do you greet them? (Allow students to share.)

• Now imagine that you meet the principal of your school in the hallway. How do you greet them? (Allow students to share.)
- 2 • We have different relationships with different people, and we have different purposes for the variety of activities we participate in. When the people or the purpose of our interaction changes, the expectation for how to behave changes too.

• Let's make a list of some different environments where you spend time. (Call on students to give examples, and make a vertical list on chart paper.)

• What are the expectations for how you should behave in each of these places? (Elicit student responses.)

• When you come into a new environment, look around (model looking around while pointing to your eyes) and think to yourself, "The expectation here is _____." (Model touching the left and right sides of your head with your index fingers to represent pointing to your brain.)
- 3 • When we notice our surroundings, we can decide how to act appropriately.

• As we come into a new environment, we can look around and reset our expectation for how to act in this moment. After we reset, we can use our voices and bodies in ways that fit in with where we are.