

Citizenship

Citizenship includes the ability to make good choices and to solve problems responsibly. It also means being a positive member of your school and community, as well as using technology in positive ways.



Activities and Practice

1. **Stop-Think-Choose.** Skills for making good choices are learned gradually. Provide your child with guidance as they practice. Start by teaching your child to use the Stop-Think-Choose light in this activity book. Color the top face red, the middle face yellow, and the bottom face green. Point out that these are the same colors that are used on street stoplights. Practice saying, “Stop, think, and choose!”

Discuss what can happen when we don’t “stop, think, and choose” in a frustrating situation. Model for your child how to “stop, think, and choose” effectively, using words and actions to demonstrate what the three steps would look like in a real situation. Practice with both in-person situations and digital interactions. As you model the steps, ask these questions aloud:

- How am I feeling?
- What will happen if I make a bad choice right now?
- What better choice can I make?
- What will happen if I make this better choice?

2. **Characters’ Choices.** Read the book *Goldilocks and the Three Bears* with your child. You can find this book at <https://upstart.waterford.org/activities>. Look for moments in the story when Goldilocks could stop, think, and choose! How do Goldilocks’ decisions affect herself and others? What better choices could Goldilocks have made? Talk to your child about the importance of thinking about others when making an important decision.



Family Resources

Search for these activities at <https://upstart.waterford.org/activities>.

- [Telling the Truth](#)
- [Role Play](#)
- [Emergency Preparedness for Kids](#)
- [Guess My Rule](#)
- [Clean Up Together](#)