



**ACT NOT REACT**

**FAMILY CONNECTION LESSON**

<p><b>CONCEPTS TO REINFORCE:</b></p>	<ul style="list-style-type: none"> <li>• Before you react, stop and . . .             <ul style="list-style-type: none"> <li>□ Take a deep breath and count to 10 slowly</li> <li>□ Blow up an imaginary balloon</li> </ul> </li> <li>• Act in a way that will make you proud</li> <li>• Act kindly, never violently</li> <li>• Don't give your power away, stay in control of yourself</li> </ul>
<p><b>MATERIALS:</b></p>	<ul style="list-style-type: none"> <li>• Baking soda (make sure it's not baking powder)</li> <li>• Vinegar</li> <li>• A container to hold everything and avoid a big mess!</li> <li>• Paper towels or a cloth (just in case)</li> </ul>
<p><b>ACTIVITY:</b></p>	<p><b>Instructions:</b> Place some of the baking soda into your container. Pour in some of the vinegar. Watch as the reaction takes place!</p> <ul style="list-style-type: none"> <li>• Do you see a reaction?</li> <li>• What do you see?</li> <li>• Why do you think this reaction takes place?</li> <li>• The baking soda is reacting to the vinegar. You see, baking soda (sodium bicarbonate) is considered a base and the vinegar (acetic acid) is acid. When mixed together, they create a very unstable carbonic acid. As the carbonic acid breaks apart you see the bubbly fizz. Impressive, right?</li> </ul>
<p><b>ACTIVITY TALKING POINTS:</b></p>	<ul style="list-style-type: none"> <li>• In what ways are we sometimes like baking soda reacting to vinegar?</li> <li>• How are we reactive to others when they hurt our feelings, or do things we don't like?</li> <li>• Do we sometimes explode, get mad, or act differently than usual?</li> <li>• How do you feel when you react badly?</li> <li>• Do you feel like you have lost your power or control?</li> </ul>

<p><b>FAMILY DISCUSSION:</b></p>	<p>Don't feel bad, we all have reacted in a way that is not our best self. Every single one of us started out as a baby. What do babies do when they don't get their way? They cry and that's what they are supposed to do because they can't talk—crying is how they talk. Thankfully, as we learn to use our words, we can talk about how we feel and usually avoid reacting in ways we shouldn't.</p> <p>Another important reason we should act instead of react is that when you lose control of your emotions, you lose all your power. Not magical power like the trolls, but power to control yourself. When you react badly, you are essentially giving all your power away to the person or situation you are reacting to.</p> <p>If something upsetting happens, do we have to scream, throw a fit, or call names? No, we can choose a different way to act. If someone is mean to us, do we have to be mean back? If someone calls us names, do we have to call them names back? We can choose to act in a better way than how we are being treated.</p> <p>As a family, we need to think of ways we can “act not react.” What are some ways we can do that every single day at home, at school, and with our friends?</p> <p>List all the responses to validate your child(ren). Then discuss each idea to build confidence in your child(ren).</p>
<p><b>CONCLUSION:</b></p>	<p>Post the list of responses in a place where your family can see them regularly. Set a goal as a family or individually to improve how you “act not react” to situations in your life.</p>
<p><b>TREAT:</b></p>	<p><b>SALT AND VINEGAR POTATO CHIPS AND ITALIAN SODAS</b></p> <p><b>ITALIAN SODA RECIPE</b></p> <ul style="list-style-type: none"> <li>• 16-ounce glass</li> <li>• ice</li> <li>• 2 Tbl of half and half</li> <li>• 3 Tbl Torani syrup</li> <li>• Club soda or sparkling water</li> </ul> <p><b>Directions:</b> Start with a 16-ounce glass filled halfway with ice. Add the half and half and torani syrup. Top with club soda or sparkling water. Stir and enjoy!</p>
<p><b>ADDITIONAL RESOURCES:</b></p>	<ul style="list-style-type: none"> <li>• <i>My Troll Patrol: Act Not React</i> by Courtney Johnson</li> <li>• <i>Where the Wild Things Are</i> by Maurice Sendak</li> <li>• <i>Alexander and the Terrible, Horrible, No Good, Very Bad Day</i> by Judith Viorst</li> </ul>

“When you change how you act because you are mad at someone, you give them all the power. Act the way you know you should regardless of how others treat you and you'll be the one in control.”

