



COOL Rules



The Cool Rules are skills we can use at home, activities, play, and school to handle feelings, make good choices, be respectful, show responsibility, and have confidence. The Cool Rules can help make schools and homes better places to live and learn. Each Cool Rule includes steps for thinking and doing.

STAY COOL

The Cool Rule, "Stay Cool," helps us handle feelings. Staying cool helps us stay calm when we are mad and decide what we can do to handle feelings like sadness or fear. When we "Stay Cool," we think to ourselves:

1. Stop and get calm
2. Think about how I feel
3. Talk, work it out, or drop it



Work It Out

The Cool Rule, "Work it Out," helps us deal with disagreements, solve problems, and make good choices. When we "Work it Out," we think to ourselves:

1. Think about the problem
2. Brainstorm solutions
3. Choose the best solution



GIVE RESPECT

The Cool Rule, "Give Respect," helps us treat others respectfully through our words and actions. When we "Give Respect," we think to ourselves:

1. Stop and think
2. Talk with respect
3. Act with respect



GET IT DONE

The Cool Rule "Get it Done," helps us be responsible. When we "Get it Done," we think to ourselves:

1. Know what needs to be done
2. Make a plan
3. Put the plan into action



BE CONFIDENT

The Cool Rule, "Be Confident," helps us to think positive thoughts and do our best. When we use this Cool Rule, we think to ourselves:

1. Think positively
2. Be myself
3. Do my best

For tips for parents and teachers on helping students be responsible, respectful, and resilient, go to:

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