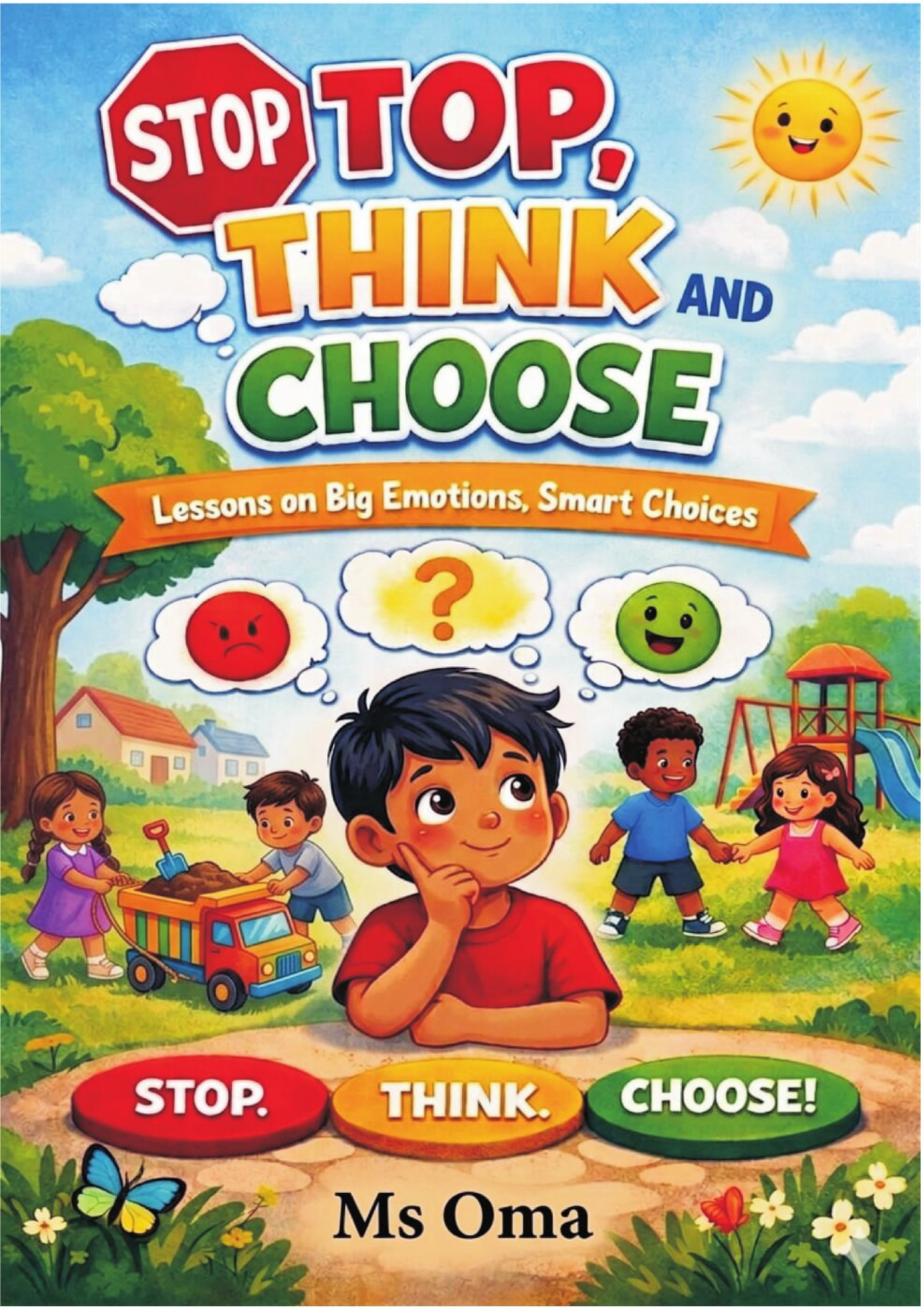
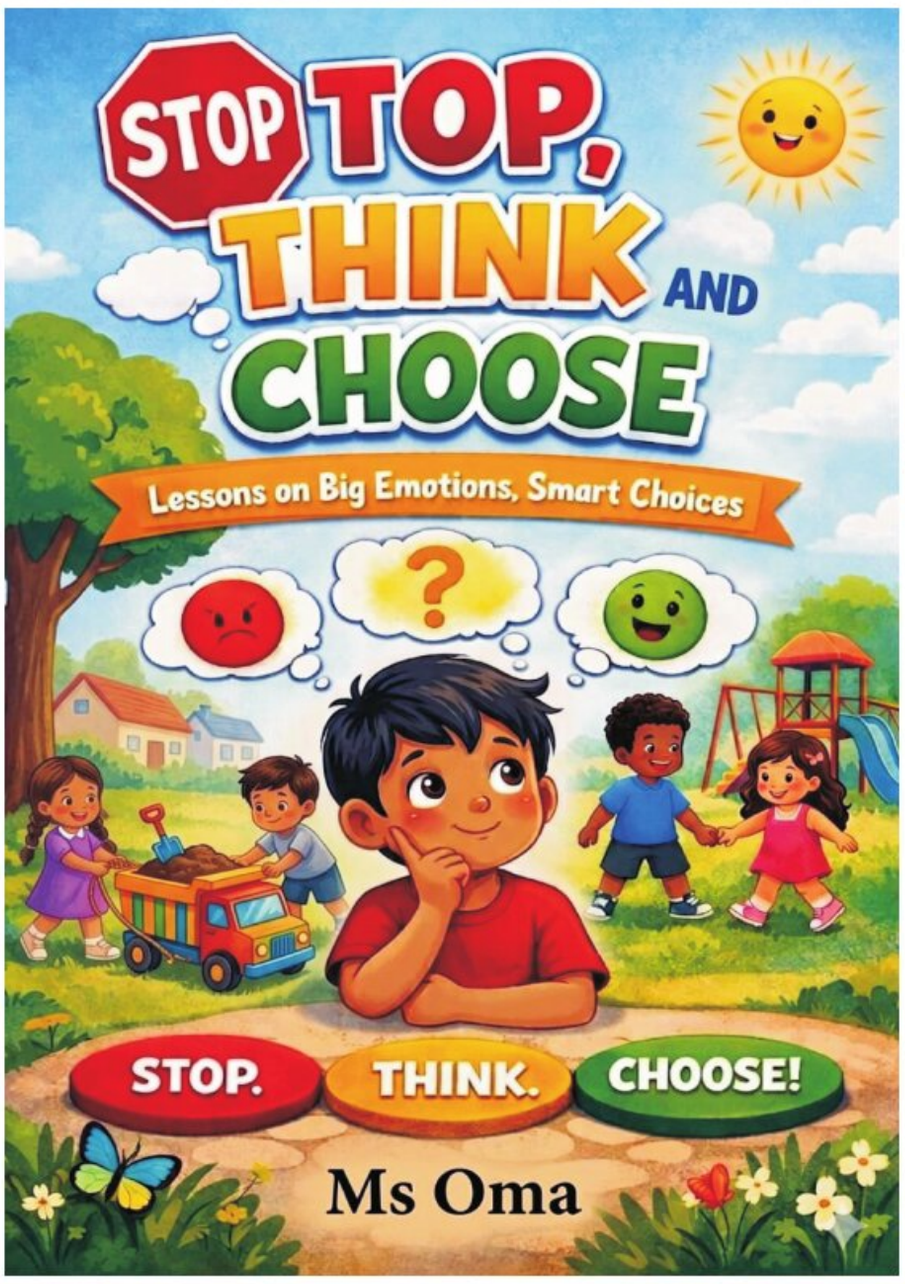
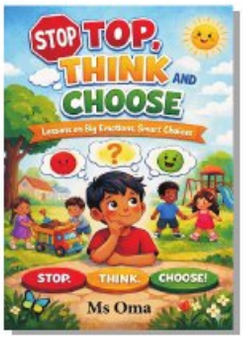

STOP
TOP, THINK AND CHOOSE
Lessons on Big Emotions, Smart Choices
?
STOP.
THINK.
CHOOSE!
Ms Oma



STOP.
THINK.
CHOOSE!
Ms Oma



FIRST PUBLISHED 2026

ISBN: 978-978-63310-4-1

All rights reserved. No part of this publication should be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the copyright owner.

@ OMA READS (Building Readers. Connecting Cultures.)

Oma Reads

Building Readers. Connecting Cultures.

Making reading and bilingual learning accessible to every child.

Email:

Dedication

Dedicated to all teachers and parents whose daily commitment and patience nurture self-regulated, confident children.



To all my students, guiding you in following directions, understanding your emotions, and learning self-control inspired the creation of this book. You are the heart behind every page.



Preface

In the busy, sensory world of childhood, understanding and managing emotions can feel like navigating a colorful, yet often chaotic map. Children don't just feel, they experience emotions in big and powerful ways. Anger can feel like a storm, and frustration can lead to quick, sometimes problematic reactions. As educators and parents, our role is to provide both a map and a compass, guiding them to understand that they are not at the mercy of their feelings, but instead have a powerful tool: the ability to choose how they respond.

Stop, Think, and Choose was created from a simple yet fundamental concept in social-emotional learning. It explores the crucial moment that exists between a feeling and an action. Using the relatable metaphor of a "Stop" sign and the universal language of simple faces and colors, this story gently guides little readers through a clear, repeatable technique for making choices.

More than just a story, this book serves as a practical and effective tool for applying conscious discipline both in the classroom and at home. It supports teachers and parents in nurturing self-awareness, emotional regulation, and thoughtful decision-making in children, helping them build lifelong skills in a supportive and engaging way.

My hope is that this book becomes more than a one-time read. It is a toolkit and a conversation starter, designed to be revisited until the practice of pausing to "Stop" and "Think" before we "Choose" becomes a natural and empowering part of your child's emotional vocabulary. Together, let's help our little readers grow into empathetic, resilient, and thoughtful decision-makers. One smart choice at a time.

Ms. Oma


SCHOOL
PARKING

Returning Back to School After a Break

It was Thanksgiving, and Math and his family had traveled to California to spend the break with Nana—that's what he calls his grandma.

Mom and Dad took an extra day off work so they could all enjoy time with cousins and Nana. Math had a wonderful vacation full of fun, laughter, and special family moments.
On Sunday, they returned to Austin, Texas, to get ready for school and work the next day.

"Good morning, Math! How are you?" Mom said as she woke him up, kissed his forehead, and reminded him it was time to shower and get ready for school.
A few minutes later, everyone was ready. Dad kissed Math and Mom goodbye and left for work. Mom drove Math to school.

As she turned into the school parking lot, Math started crying.
Mom pulled over, looked at him, and gave him a big smile.
"I know it's hard, Math," she said gently. "But Mom has to go to work. Remember, I will be back to pick you up."

Moment for Math: Stop, Think, Choose.
Math sniffled. "I don't want to," he said.
"I know, Math," Mom replied. "But you can make a good choice. Let's go inside together." She unbuckled his seatbelt and carried him to the entrance.

Math cried until they reached the classroom door. But then he saw his friends through the window, pointing to the classroom and waving. Mom put him down. Math smiled, said goodbye, and walked into class.

He stopped at the doorway, looked around, and whispered to himself,
"School is really fun!"

Stop – Math paused and took a deep breath.

Think – He remembered that Mom would come back to pick him up.

Choose – Math decided to stop crying and join his friends, making a good choice to learn and play.



Returning Back to School After a Break

Parents' Corner

Returning to school after a break can be hard for children.

Here are tips to support your child:

- Talk about returning to school before the first day.
- During vacation, remind your child of friends and classmates to help them look forward to seeing them.
- On the first day back, reassure them that you will come back to pick them up.
- Allow your child to bring personal items if the school allows —like a blanket, stuffed toy, or a photo for comfort.

Tips for Teachers

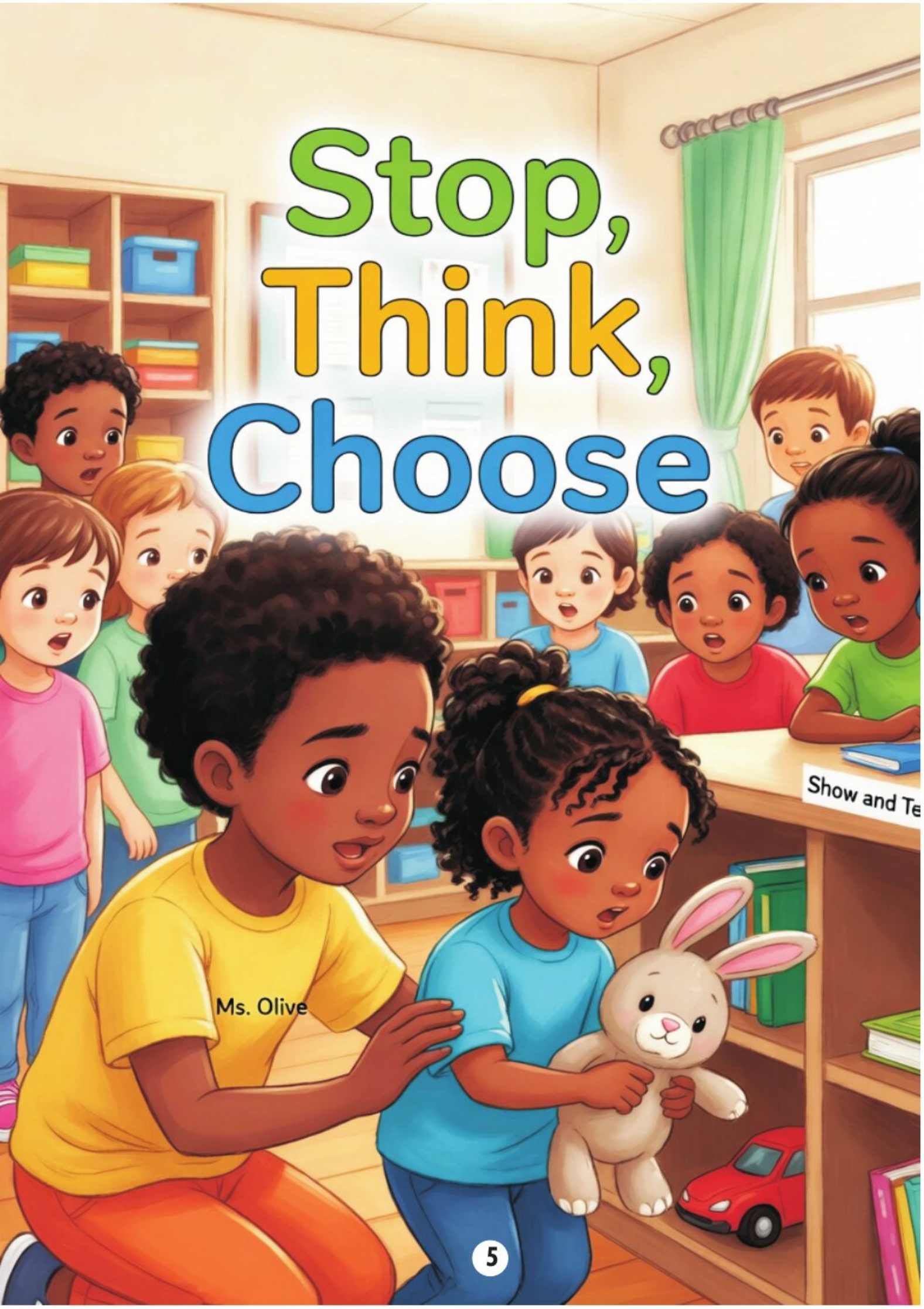
- Welcome the child with a smile.
- Reassure them they are safe and that their parent will return.
- Tell them how much you and their classmates missed them.
- Notice something personal they brought or are wearing, and use it to start a conversation and help them feel comfortable.

✅ Repeat Phrase for Kids:

Whenever Math feels upset, he can remember:
"Stop. Think. Choose."

- 🛑 Stop – Pause and take a breath.
- 💭 Think – What am I feeling? What's happening?
- ✅ Choose – What is the best choice I can make?




Stop,
Think,
Choose
Show and Te
Ms. Olive

Listening and Following Directions

The classroom was not yet settled. Every student was holding their Show and Tell items and hadn't put them in their cubbies.
Ms. Olive reminded the children about the classroom guidelines.
"Please put your Show and Tell items in your cubbies so we can sit together for circle time," she said
Most of the children followed directions but Sofia held her stuffed rabbit close She wasn't ready to let it go yet.
Sofia looked at her rabbit and then at her cubby. She felt unsure. She liked having her rabbit with her because it made her feel safe and happy.
Ms. Olive gently repeated, "Sofia, your rabbit will be safe in your cubby. You will get it back during Show and Tell."
When Sofia heard it again, her feelings became very big. She fell to the floor, crying, and began kicking her feet back and forth.
The other children stepped away. A few moved quickly to give her space and stay safe.

Moment for Sofia: Stop, Think, Choose.
Sofia was feeling overwhelmed, and it was hard to stop right away.
Ms. Olive gently walked closer, keeping her voice calm and soft. She smiled and said, "Sofia, I see you are upset. Let's take a deep breath together."

Stop – With Ms. Olive's help, Sofia slowly began to pause and take deep breaths.
Think – She started to understand, "My rabbit is safe. My teacher is here to help me."
Choose – Sofia stood up, walked to her cubby, placed her stuffed rabbit inside, and returned to sit with her friends.
Ms. Olive smiled warmly. "You did it, Sofia. That was a great choice."
Sofia wiped her tears and felt proud of herself. She sat calmly, ready to listen and learn with her classmates
She whispered softly,
"Stop, Think, Choose."

