



# White Tiger

## Wilson Hill Common Language

### Ready to learn steps:

- Noooo distracters (Use hand motions with all of these)
- Eyes watching
- Ears listening
- Mouth quiet
- Hand raising
- Body still

### Anger management steps:

- The Big Bad 3 (3 fingers pointing down)
- Hurt yourself
- Hurt someone else
- Hurt property

### The Good 5

- Step one: walk away
- Step two: take deep breaths
- Step three: count to 10 (left and right fingers touch as they count)
- Step four: use feeling talk  
(I feel \_\_\_\_\_ when you \_\_\_\_\_ because \_\_\_\_\_. I want you to \_\_\_\_\_.)
- Step five: walk away again

### Impulse Control:

- Stop --- Think --- Think Again --- Do or Say (use hand motions)
- Impulsive Puppy
- Slow down Snail

### Responsibility and Self-Discipline:

- You've got to do your have to's before you do your want to's: (chant this)
- 1-2-3-4-5-6 (clap the syllables) re-spon-si-bil-i-ty

### Tolerance:

- Hip hip hooray for differences. That's what makes life interesting.

### Honesty:

- Double trouble (when you lie to try to cover up a mistake)