



The students at our school are learning about a program called **SNAP®**, which stands for **Stop Now and Plan**. **SNAP** is a way to help us learn to stop and think before we act so we can feel better in the moment and help keep our problems small.

When a situation arises, the students are encouraged to recognize what is happening in their bodies and help determine what they might be feeling. Examples of **BODY CUES** are having our hands in fists, feeling our heart beating quickly, getting hot and sweaty, or becoming red in the face. Once a student begins to understand their feelings, we ask them to identify the thoughts they are having in the moment. **HARD THOUGHTS** are beliefs or perceptions that we have that often make us feel worse in the moment and can keep us from calming down. Thoughts such as, “That’s not fair!” or “I can’t believe this is happening,” or “I thought they were my friends” can be labelled as **HARD THOUGHTS**. A student can then be encouraged to follow the steps of **SNAP** to help them gain control and move toward a solution that allows them to feel good, keep safe, and keep problems small.

The steps of **SNAP** are highlighted for students using a spotlight:



Through practice, the Steps of **SNAP** can be utilized by students in the moment and can help them learn how to problem solve on their own or decide when they should turn to an adult for help. Students should be encouraged to identify ways that SNAP will work for them at school, home, or in the community.