



A 2024 Girl Scout Gold Award project: [meet-the-greens.org](https://meet-the-greens.org)

## ***SELF-REGULATION PACKET***

<b>Emergent Readers Script for 3</b>	p. 2-4
<b>Emergent Readers Script for 5</b>	p. 5-7
<b>Emergent Readers Script for 6</b>	p. 8-10
<b>Advanced Readers Script for 3</b>	p. 11-13
<b>Advanced Readers Script for 5</b>	p. 14-16
<b>Advanced Readers Script for 6</b>	p. 17-19
<b>Activity Sheet</b>	p. 20

## MEET THE GREENS: Self-Regulation!

### EMERGENT READERS ~ 3 Students

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#### Parts:

GREEDY GREEN

KID 1

KID 2

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting!

KID 1: I know!

KID 2: We will be quiet.

KID 1: I love singing!

KID 2: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: Be quiet!

KID 1: The big kids are singing!

GREEDY GREEN: *(still not very quietly)* Oh! Yes! Sorry!

**BOTH KIDS TOGETHER: SSSSHHHHH!**

**GREEDY GREEN:** (*clapping enthusiastically*) They are finished!

**KID 1:** Who are you?

**KID 2:** You are a Green!

**GREEDY GREEN:** Yes, I am Greedy Green! I love singing!

**KID 1:** You must be quiet when the big kids sing.

**GREEDY GREEN:** I am NOT good at being quiet!

**KID 2:** It is hard to be quiet.

**KID 1:** But you can do it!

**GREEDY GREEN:** I am not sure.

**KID 2:** We can help!

**GREEDY GREEN:** How?

**KID 1:** Do you know about “self-regulation?”

**GREEDY GREEN:** No. I do not!

**KID 2:** “Self regulation” means YOU regulate YOURSELF.

**KID 1:** You choose how to act!

**KID 2:** When it is time to be quiet, you choose to be quiet!

**KID 1:** When it is time to line up, you get in the line!

**KID 2:** When it is time to work, you go to work!

**KID 1:** YOU regulate YOURSELF.

**GREEDY GREEN:** That is hard!

**KID 2:** You can do it!

KID 1: It gets easier, when you practice.

GREEDY GREEN: How do I practice?

KID 2: Well, the big kids will sing the next song.

KID 1: We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

KID 2: Good job, Greedy!

GREEDY GREEN: Thank you!

KID 1: You CAN do it, when you try!

KID 2: I see the cookies on the table!

GREEDY GREEN: Yes! I love cookies! *(gets up to run to cookie table)*

KID 1: Wait, Greedy!

KID 2: Don't be greedy!

KID 1: Remember "self-regulation." *(Greedy sighs and sits back down)*

KID 2: When we all regulate ourselves, we are happier.

GREEDY GREEN: Yes. You are right.

KID 1: We will get cookies.

KID 2: But we will wait our turn!

GREEDY GREEN: And we will get cookies together!

KID 1: Yes!

KID 2: And our tummies will be happy too!

## MEET THE GREENS: Self-Regulation!

### EMERGENT READERS ~ 5 Students

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#### Parts:

GREEDY GREEN

KID 1

KID 2

KID 3

KID 4

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting!

KID 3: I know!

KID 4: We will be quiet.

KID 1: I love singing!

KID 2: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 3: *(making a “shh” sound with finger to mouth)* SHH!

KID 4: Be quiet!

KID 1: The big kids are singing!

GREEDY GREEN: *(still not very quietly)* Oh! Yes! Sorry!

**ALL THE KIDS TOGETHER: SSSSHHHHH!**

**GREEDY GREEN:** (*clapping enthusiastically*) They are finished!

**KID 1:** Who are you?

**KID 2:** You are a Green!

**GREEDY GREEN:** Yes, I am Greedy Green! I love singing!

**KID 3:** You must be quiet when the big kids sing.

**GREEDY GREEN:** I am NOT good at being quiet!

**KID 4:** It is hard to be quiet.

**KID 1:** But you can do it!

**GREEDY GREEN:** I am not sure.

**KID 2:** We can help!

**GREEDY GREEN:** How?

**KID 3:** Do you know about “self-regulation?”

**GREEDY GREEN:** No. I do not!

**KID 4:** “Self regulation” means YOU regulate YOURSELF.

**KID 1:** You choose how to act!

**KID 2:** When it is time to be quiet, you choose to be quiet!

**KID 3:** When it is time to line up, you get in the line!

**KID 4:** When it is time to work, you go to work!

**KID 1:** YOU regulate YOURSELF.

**GREEDY GREEN:** That is hard!

KID 2: You can do it!

KID 3: It gets easier, when you practice.

GREEDY GREEN: How do I practice?

KID 4: Well, the big kids will sing the next song.

KID 1: We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

KID 2: Good job, Greedy!

GREEDY GREEN: Thank you!

KID 3: You CAN do it, when you try!

KID 4: I see the cookies on the table!

GREEDY GREEN: Yes! I love cookies! *(gets up to run to cookie table)*

KID 1: Wait, Greedy!

KID 2: Don't be greedy!

KID 3: Remember "self-regulation." *(Greedy sighs and sits back down)*

KID 4: When we all regulate ourselves, we are happy.

GREEDY GREEN: Yes. You are right.

KID 1: We will get cookies.

KID 2: But we will wait our turn!

GREEDY GREEN: And we will get cookies together!

KID 3: Yes!

KID 4: And our tummies will be happy too!

## MEET THE GREENS: Self-Regulation!

### EMERGENT READERS ~ 6 Students

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#### Parts:

GREEDY GREEN

KID 1

KID 2

KID 3

KID 4

KID 5

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting!

KID 3: I know!

KID 4: We will be quiet.

KID 5: Here they are!

KID 1: I love singing!

KID 2: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 3: *(making a “shh” sound with finger to mouth)* SHH!

KID 4: Be quiet!

KID 5: Please!

KID 1: The big kids are singing!



**GREEDY GREEN:** *(still not very quietly)* Oh! Yes! Sorry!

**ALL THE KIDS TOGETHER:** SSSSHHHHH!

**GREEDY GREEN:** *(clapping enthusiastically)* They are finished!

**KID 1:** Who are you?

**KID 2:** You are a Green!

**GREEDY GREEN:** Yes, I am Greedy Green! I love singing!

**KID 3:** You must be quiet when the big kids sing.

**GREEDY GREEN:** I am NOT good at being quiet!

**KID 4:** It is hard to be quiet.

**KID 5:** Sometimes!

**KID 1:** But you can do it!

**GREEDY GREEN:** I am not sure.

**KID 2:** We can help!

**GREEDY GREEN:** How?

**KID 3:** Do you know about “self-regulation?”

**GREEDY GREEN:** No. I do not!

**KID 4:** “Self regulation” means YOU regulate YOURSELF.

**KID 5:** You decide!

**KID 1:** You choose how to act!

**KID 2:** When it is time to be quiet, you choose to be quiet!

**KID 3:** When it is time to line up, you get in the line!

KID 4: When it is time to work, you go to work!

KID 5: You can do it!

KID 1: YOU regulate YOURSELF.

GREEDY GREEN: That is hard!

KID 2: We know you can do it!

KID 3: It gets easier, when you practice.

GREEDY GREEN: How do I practice?

KID 4: Well, the big kids will sing the next song.

KID 5: We can practice!

KID 1: We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

KID 2: Good job, Greedy!

GREEDY GREEN: Thank you!

KID 3: You CAN do it, when you try!

KID 4: I see the cookies on the table!

GREEDY GREEN: Yes! I love cookies! *(gets up to run to cookie table)*

KID 1: Wait, Greedy!

KID 2: Don't be greedy!

KID 3: Remember "self-regulation." *(Greedy sighs and sits back down)*

KID 4: When we all regulate ourselves, we are happy.

GREEDY GREEN: Yes. You are right! We will get cookies when it is our turn!

## MEET THE GREENS: Self-Regulation!

### ADVANCED READERS ~ 3 Students

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#### Parts:

GREEDY GREEN

KID 1

KID 2

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting the show!

KID 1: I am excited!

KID 2: We will be quiet.

KID 1: I love to hear the big kids sing!

KID 2: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: Be quiet!

KID 1: The big kids are singing!

GREEDY GREEN: *(still not very quietly)* Oh! Yes! Sorry!

**BOTH KIDS TOGETHER: SSSSHHHHH!**

**GREEDY GREEN:** (*clapping enthusiastically*) They are finished!

**KID 1:** Who are you?

**KID 2:** You are a Green!

**GREEDY GREEN:** Yes, I am Greedy Green! I love singing!

**KID 1:** You must be quiet when the big kids sing.

**GREEDY GREEN:** I am NOT good at being quiet!

**KID 2:** It is hard to be quiet, sometimes.

**KID 1:** But you can do it!

**GREEDY GREEN:** I am not sure I can be quiet!

**KID 2:** We can help!

**GREEDY GREEN:** How?

**KID 1:** Do you know about “self-regulation?”

**GREEDY GREEN:** No. I do not!

**KID 2:** “Self regulation” means YOU regulate YOURSELF.

**KID 1:** You choose how to act!

**KID 2:** When it is time to be quiet, you choose to be quiet!

**KID 1:** When it is time to line up, you get in the line!

**KID 2:** When it is time to work, you go to work!

**KID 1:** YOU regulate YOURSELF.

**GREEDY GREEN:** That is hard for me!

**KID 2:** You can do it!

KID 1: It gets easier, when you practice.

GREEDY GREEN: How do I practice?

KID 2: Well, the big kids will sing the next song.

KID 1: We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

KID 2: Good job, Greedy!

GREEDY GREEN: Thank you!

KID 1: You CAN do it, when you try!

KID 2: I see the cookies on the table!

GREEDY GREEN: Yes! I love cookies! *(gets up to run to cookie table)*

KID 1: Wait, Greedy!

KID 2: Don't be greedy!

KID 1: Remember "self-regulation." *(Greedy sighs and sits back down)*

KID 2: When we all regulate ourselves, we are happier.

GREEDY GREEN: Yes. You are right.

KID 1: We will get cookies.

KID 2: But we will wait our turn!

GREEDY GREEN: And we will get cookies together!

KID 1: Yes!

KID 2: And our tummies will be happy too!

## MEET THE GREENS: Self-Regulation!

### ADVANCED READERS ~ 5 Students

---

#### Parts:

GREEDY GREEN

KID 1

KID 2

KID 3

KID 4

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting the show!

KID 3: I am excited!

KID 4: We will be quiet.

KID 1: I love to hear the big kids sing!

KID 2: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 3: *(making a “shh” sound with finger to mouth)* SHH!

KID 4: Be quiet!

KID 1: The big kids are singing!

GREEDY GREEN: *(still not very quietly)* Oh! Yes! Sorry!

ALL THE KIDS TOGETHER: SSSSHHHHH!

GREEDY GREEN: *(clapping enthusiastically)* They are finished!

KID 1: Who are you?

KID 2: You are a Green!

GREEDY GREEN: Yes, I am Greedy Green! I love singing!

KID 3: You must be quiet when the big kids sing.

GREEDY GREEN: I am NOT good at being quiet!

KID 4: It is hard to be quiet, sometimes.

KID 1: But you can do it!

GREEDY GREEN: I am not sure I can be quiet!

KID 2: We can help!

GREEDY GREEN: How?

KID 3: Do you know about “self-regulation?”

GREEDY GREEN: No. I do not!

KID 4: “Self regulation” means YOU regulate YOURSELF.

KID 1: You choose how to act!

KID 2: When it is time to be quiet, you choose to be quiet!

KID 3: When it is time to line up, you get in the line!

KID 4: When it is time to work, you go to work!

KID 1: YOU regulate YOURSELF.

GREEDY GREEN: That is hard for me!

KID 2: You can do it!

KID 3: It gets easier, when you practice.

**GREEDY GREEN:** How do I practice?

**KID 4:** Well, the big kids will sing the next song.

**KID 1:** We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

**KID 2:** Good job, Greedy!

**GREEDY GREEN:** Thank you!

**KID 3:** You CAN do it, when you try!

**KID 4:** I see the cookies on the table!

**GREEDY GREEN:** Yes! I love cookies! *(gets up to run to cookie table)*

**KID 1:** Wait, Greedy!

**KID 2:** Don't be greedy!

**KID 3:** Remember "self-regulation." *(Greedy sighs and sits back down)*

**KID 4:** When we all regulate ourselves, we are happier.

**GREEDY GREEN:** Yes. You are right.

**KID 1:** We will get cookies.

**KID 2:** But we will wait our turn!

**GREEDY GREEN:** And we will get cookies together!

**KID 3:** Yes!

**KID 4:** And our tummies will be happy too!



## MEET THE GREENS: Self-Regulation!

### ADVANCED READERS ~ 6 Students

---

#### Parts:

GREEDY GREEN

KID 1

KID 2

KID 3

KID 4

KID 5

#### Reading the Play:

KID 1: *(making a “shh” sound with finger to mouth)* SHH!

KID 2: They are starting the show!

KID 3: I am excited!

KID 4: We will be quiet.

KID 5: I love to hear the big kids sing!

KID 1: We will be in the choir soon!

GREEDY GREEN: *(leaning over to wave in kids’ faces)* HELLO! HOW ARE YOU?

KID 2: *(making a “shh” sound with finger to mouth)* SHH!

KID 3: Be quiet!

KID 4: The big kids are singing!

GREEDY GREEN: *(still not very quietly)* Oh! Yes! Sorry!

KID 5: SSSSHHHHH!

GREEDY GREEN: *(clapping enthusiastically)* They are finished!

KID 1: Who are you?

KID 2: You are a Green!

GREEDY GREEN: Yes, I am Greedy Green! I love singing!

KID 3: You must be quiet when the big kids sing.

GREEDY GREEN: I am NOT good at being quiet!

KID 4: It is hard to be quiet, sometimes.

KID 1: But you can do it!

GREEDY GREEN: I am not sure I can be quiet!

KID 2: We can help!

GREEDY GREEN: How?

KID 3: Do you know about “self-regulation?”

GREEDY GREEN: No. I do not!

KID 4: “Self regulation” means YOU regulate YOURSELF.

KID 5: You choose how to act!

KID 1: When it is time to be quiet, you choose to be quiet!

KID 2: When it is time to line up, you get in the line!

KID 3: When it is time to work, you go to work!

KID 4: YOU regulate YOURSELF.

GREEDY GREEN: That is hard for me!

KID 5: You can do it!

KID 1: It gets easier, when you practice.

**GREEDY GREEN:** How do I practice?

**KID 2:** Well, the big kids will sing the next song.

**KID 3:** We can practice being quiet!

*(Everyone sits quietly, looking around, and waiting for the singers.)*

**KID 4:** Good job, Greedy!

**GREEDY GREEN:** Thank you!

**KID 5:** You CAN do it, when you try!

**KID 1:** I see the cookies on the table!

**GREEDY GREEN:** Yes! I love cookies! *(gets up to run to cookie table)*

**KID 2:** Wait, Greedy!

**KID 3:** Don't be greedy!

**KID 4:** Remember "self-regulation." *(Greedy sighs and sits back down)*

**KID 5:** When we all regulate ourselves, we are happier.

**GREEDY GREEN:** Yes. You are right.

**KID 1:** We will get cookies.

**KID 2:** But we will wait our turn!

**GREEDY GREEN:** And we will get cookies together!

**KID 3:** Yes!

**KID 4:** And our tummies will be happy too!

**KID 5:** Let's go!

***Meet the Greens: SELF-REGULATION!***

Pick a color for each letter! Make all the A's blue (or whatever color you like).

Make all the M's red (or whatever color you like).

This is a good way to practice self-regulation!

I CAN  
MANAGE  
MYSELF!

***My name is :*** \_\_\_\_\_