



A 2024 Girl Scout Gold Award project: meet-the-greens.org

SELF-REGULATION PACKET

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MEET THE GREENS: Self-Regulation!

EMERGENT READERS ~ 3 Students

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

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

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

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!

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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!

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KID 2: We can help!

GREEDY GREEN: How?

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

KID 1: Wait, Greedy!

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MEET THE GREENS: Self-Regulation!

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GREEDY GREEN

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KID 2

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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!

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KID 4: The big kids are singing!

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

KID 5: SSSSHHHHH!

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KID 1: Who are you?

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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?

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

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GREEDY GREEN: That is hard for me!

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

KID 4: Good job, Greedy!

GREEDY GREEN: Thank you!

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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 : _____