

1 THE DROPPED BATON

Your team is winning the relay and the guy in front of you drops the baton. You lose. He's walking back toward you. Your face is hot and you already know what you want to say.

2 SOMEBODY ELSE'S NAME

You did most of the work on a group project. The teacher praises your group in front of the class — and names the guy who barely did anything.

3 THE VIDEO

Somebody filmed you tripping in the hallway. Three people have already sent it to you with laughing emojis. You're about to walk into a class full of them.

4 NOT INVITED

Pictures from a weekend hangout show up online. Most of your friends were there. Nobody told you about it. One of them is walking up to you right now.

5 THE CALL

The ref makes a call you are sure is wrong, and it costs your team. He's ten feet away from you. Your coach is watching.

6 HE'S SMILING

Your little brother went in your room and broke something that mattered to you. He says it was an accident. He's smiling.

7 TEN MINUTES OUT

Ten minutes before your race, your stomach is in knots and your hands are shaky. You're starting to think you shouldn't have signed up for this.

8 JUST LOUD ENOUGH

A kid who knows exactly how to get to you says something about your family. Not loud — just loud enough for the guys around you to hear. They're all looking at you.

9 ALREADY SENT

You were mad last night and sent a friend a message you shouldn't have. You can see that he read it. He hasn't answered. You have him first period.

STOP THINK ACT

- STOP** Count to ten. Breathe. Walk a few steps away.
- THINK** What am I feeling? What are my options? What happens with each one?
- ACT** Pick the best option — and do it.

Runner reads the card and says what he'd do.
Supporter walks him through the three steps.
Recorder writes the options and the choice in the Runner's journal.

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