INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) a Response Form with questions to answer.

As you read the text, think about what you did and why you did it. When you finish reading the text, write answers to the 7 questions on the Response Form.

WHY BEING OUT OF YOUR SEAT IS WRONG

As you grow up, your parents and teachers expect more of you. Your teacher, for example, expects you to follow directions and be ready to learn. Part of being ready to learn means staying in your assigned seat.

When students don’t stay in their seats, the teacher has a hard time teaching. Other students have a hard time learning. Everyone is shortchanged because of one student who can’t stay in his or her place!

CAUSES OF BEING OUT OF YOUR SEAT

People are out of their seats for many reasons. Below is a story about a student who was out of his seat. As you read this story, think about how he could have avoided this behavior.

TROUBLEMAKING TOMMY

Tommy is a troublemaker. He spends part of his recess every day bothering younger students on the playground. After recess every day, he seems to think of a new excuse to be out of his seat. Whenever he passes Judy’s desk, he pretends to bump into it and knock her books to the floor. Then he walks up the aisle, hitting Jason on the shoulder and knocking Kevin’s drawing to one side.
BEHAVIOR IMPROVEMENT PACKET #10  BEING OUT OF YOUR SEAT

One day the class was getting ready for a field trip to the zoo. Tommy started playing his usual game as the class was getting ready to board the bus. Ms. Brown told him to sit down but Tommy paid no attention. He took the long way back to his seat. As he passed Judy’s desk, he knocked her lunch bag to the floor.

There was a bottle of juice in the bag and it broke. Everyone’s trip was delayed and Tommy was told not to go with them. Now Tommy is spending the long-awaited field trip cleaning the classroom floor and writing a letter of apology to Judy.

HOW TO PREVENT BEING OUT OF YOUR SEAT

Here are a few tips that will help you to stop being out of your seat:

• You’re in class for only a short time each day. Use that time constructively. If you don’t learn in class, you’ll only have to take more work home to do after school. Once you fall behind, you may never catch up completely.

• One person who is out of his or her seat disrupts the whole class. As a result, the whole class may lose privileges. Don’t let your bad behavior affect everyone else!

• Try to understand why the teacher wants you in your seat. Then take a deep breath and count to ten before you get up. Try to control yourself and you will find it gets easier each time.

Now answer the questions on the following Response Packet. These questions will help you change your behavior for the better.
WHAT TO DO

The following questions will help you to avoid misbehaving in the future. Write your answers in the spaces below the questions. Be neat, spell correctly, and write in complete sentences. Be honest with yourself about what you did and why you did it. This will show that you are willing to improve your behavior. Your answers will not be graded. But your teacher, a counselor, the principal, or your parents may read what you have written. Use the back of this sheet if you need more room for your answers.

1. Why were you out of your seat today?
2. What were you supposed to be doing at the time you were out of your seat?


3. Why does your teacher want you in your seat during class?


4. What are some of the reasons that students leave their seats without permission?
STUDENT RESPONSE PACKET #10 BEING OUT OF YOUR SEAT

5. How might Tommy’s classmates feel about his teasing and being out of his seat the day of the field trip?

6. If you were Tommy’s friend, what advice would you give him to help him stay in his seat?
7. Write two goals that will help you stay in your assigned seat.

   Goal # (1)

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   Goal # (2)

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