

S O C C S S
Situations-Options-Consequences-Choices-Strategies-Simulation

Situation

Who: Sam and the teacher

What: Sam refused to take off his jacket or the hood off his head. He also refused to explain why he wanted to keep the jacket on

When: Entering the classroom from the bus

Why: Sam was embarrassed-“bad hair day.” Sam was angry because the children on the bus made fun of his hair style.

Desired Outcome:

Options	Consequences	Choice
1. Keep the jacket on – refuse to talk	1. Punishment for not answering or removing jacket	3
2. Take the jacket off when asked	2. More teasing by the other kids	4
3. Explain to the teacher/principal	3. Teacher tells Sam he can wet his hair; no punishment	1
4. Ask to go wet his hair, remove jacket and go back to class ; no explanation	4. Teacher might still be angry; possible punishment	2

Strategy – Plan of Action:

Option #3 – Talk to the teacher in private. Apologize for “clamming up” and explain how he was feeling (angry and embarrassed). Explain that sometimes when he’s angry he cannot talk; he needs to be aware of this and work through it. He will try to in the future.

Simulation	Select One
1. Find a quiet place, sit back and imagine how your Situation would work (or not work) based on the various Options and Consequences.	
2. Talk with peer, staff, or an other person about your plan of action.	
3. Write down on paper what may happen in your Situation based on your Options and Consequences.	
4. Practice your Options with one or more people using behavior rehearsal. Start simple and easy. Only make it difficult to test the learning.	Role-play with the social worker and another adult
5. _____ _____ _____	

Simulation Outcomes:

Sam watched the social worker and speech pathologist role-play Option #3.

Sam was able to role-play the Situation using Option #3 with the social worker and then with the speech pathologist.

Follow-Up:

1. Sam explained to the teacher and was allowed to wet his hair down. No punishment given.

2. Use SOCCSS in future sessions on other Situations where Sam controlled his anger or did not.