

Cue Check

COLOR CODE THE SIGNALS

Not every message is said out loud. People often give clues when they're ready to wrap up a conversation. Knowing how to read those signals—and act on them—shows maturity, respect, and awareness. Read the scenarios below to test your skills.

Questions:

- 1 **Read each example** and decide if it's a Green, Yellow, or Red cue. **Green means** keep going, **Yellow means** wrap soon, and **Red means** end now.

SCENARIO	 GREEN	 YELLOW	 RED
They're standing with open posture, nodding, and asking you follow-up questions.			
They say, "I should get back to my homework."			
They glance at the clock but keep making eye contact.			
They start putting their notebook into their backpack while you're talking.			
The bell rings and everyone starts lining up at the door.			

Cue Check

COLOR CODE THE SIGNALS

SCENARIO	 GREEN	 YELLOW	 RED
They say, "Anyway..." in a flat tone.			
They keep leaning in, smiling, and laughing at your story.			
Friends you're with start walking toward the cafeteria.			
They take a step back, cross their arms, and stop adding to the conversation.			
They say, "See you later," and start walking away.			

Think About This:

Which type of cue—verbal, body, or situational—do you notice first when talking to someone?

Exit Moves

HOW TO WRAP IT UP RIGHT

Knowing when and how to leave a conversation is a skill people notice. A smooth exit shows you're aware, respectful, and confident. These quick challenges will help you spot the cues, use the 3-Beat Exit, and leave things on a good note.

Questions:

1 **Choose Your Move:** Read each situation and choose the best way to exit using Notice → Name → Navigate.

1 A friend says, "I know you're busy, but..." and keeps talking.

- a. "Tell me everything!"
- b. "I'd love to hear the rest later—I've got to finish this first."
- c. Ignore them and keep working.

2 A teacher glances at the clock, starts packing up, and says, "We'll finish this tomorrow."

- a. "Wait, this will only take a second..."
- b. "Oh, and one more thing..."
- c. "Sounds good—thanks for your time!"

Exit Moves

HOW TO WRAP IT UP RIGHT

- 3 Your friend is telling a story, but you notice the lunch line starting to move and they keep glancing at it.
- a. "Let's grab our spots in line—finish the story on the way."
 - b. "Hold on, I want to hear the rest before we go."
 - c. Ignore the line and keep listening.
- 4 You're chatting with a classmate after school, and their ride pulls up to the curb.
- a. Keep talking until they walk away.
 - b. "Wait, I just have one more thing to tell you."
 - c. "I'll text you later—go catch your ride."

2 Fill in the Blank: Finish the sentence with a polite exit line.

- 1 A group you're chatting with starts talking about an inside joke you don't get. (Example: "I'll let you guys catch up—see you later.")

 Your Exit Line:

- 2 You're talking to an adult, but they start answering text messages mid-sentence. (Example: "I'll check back in once you're free.")

 Your Exit Line:

3 **Script Match-Up:** Match the scenario to the script that fits best.

Situations

- a. You and a friend are in the cafeteria when the bell rings.
- b. A teammate is talking while the coach starts practice.
- c. Your teacher is swamped with students asking questions.

Responses

- 1 "I'll let you get started—see you on the field."
- 2 "Thanks for your help—I'll swing back later."
- 3 "I'll catch you after lunch—we better get to class."

 **Think About This:**

Which type of cue—verbal, body, or situational—is easiest for you to notice?
Which is hardest? Why?

♥ Reading the Room

Helping Your Teen Notice, Adjust, and Exit with Respect

Dear Parents and Caregivers,

This week in our **Starting Strong™** class, your teen explored one of the most underrated social skills: *reading the room*. It's all about noticing the cues people give — through words, body language, and the situation — and adjusting your own energy in response.

Students practiced spotting signs that someone is ready to pause or end a conversation (like shorter replies, glancing away, or packing up) and learned how to exit politely instead of dragging things on or disappearing without a goodbye. They also explored how to “match the space” — adjusting tone, pace, and body language depending on whether they're in a classroom, a quiet library, or a loud cafeteria.

We talked about how these skills aren't about being perfect. They're about being respectful, confident, and aware — qualities that make others enjoy spending time with you. Teens also practiced repair strategies for when they *miss the cue* and learned that maturity shows in how quickly you recover and move forward.

🏠 Home Support: Practice Noticing the Vibes

- **Share cues out loud:** The next time you're wrapping up a call or conversation, say what you're doing: *“I need to head out, let's talk later.”* This helps your teen recognize verbal exit cues.
- **Do a 3-second scan:** At a family dinner or outing, pause and ask your teen, *“What's the energy like in the room right now? Are people loud? Quiet? Relaxed? Rushed?”*
- **Practice exit lines:** Role-play simple ways to close a conversation: *“It was great catching up, thanks for talking!”* or *“I'll let you get back to what you were doing.”*

👥 Try This Together!

Green, Yellow, Red Light Game

Take turns acting out short conversation endings. For example, a green light cue (“Tell me more!”), a yellow light cue (glancing at the clock), or a red light cue (“I should go now”). The other person has to guess which cue it is and practice responding appropriately.

Thank you for helping reinforce these subtle but powerful skills. Teens who learn to *read the room* grow into adults who can handle conversations with confidence, respect, and social awareness — whether in school, friendships, or the workplace.

Warmly,

[Your Name]

CATCH THE CLUES



Part of the Social Savvy™ Series

POISED & *Proper*



Clock Check

- **Cue:** They keep glancing at the clock.
- **Task:** End the convo politely.
- **Twist:** Do it in under 10 words.



Backpack Grab

- **Cue:** They're zipping up their backpack.
- **Task:** Say a quick exit line.
- **Twist:** Add "good luck" or "see you later."



One-Word Replies

- **Cue:** They start answering with “yep” or “ok.”
- **Task:** Wrap it up without dragging on.
- **Twist:** Bonus if you thank them.



Fidget Frenzy

- **Cue:** They're fidgeting or tapping foot.
- **Task:** Notice and exit politely.
- **Twist:** Role-play with body language.