

What tone of voice did the other person use? What did their body and face look like?

How did you feel during the problem?

How do you think the other person probably felt?

PARTICIPATE IN PROBLEM SOLVING BY TAKING CONTROL OF YOUR WORDS AND ACTIONS!

Next time I have these feelings, I can...

Next time I see these feelings in other people I can...

Circle choices/skills that you used to help solve this problem. Cross out a skill/choice if you used it, but would NOT use it next time.

- | | | | | |
|-----------------------|----------------------|-------------|--------------------------|----------------|
| Yelling | Mean words | Walked Away | I-Statement | Good Listening |
| Compromise | Tattled | Ignored | Big Deal-Help from Adult | |
| Asked Friend for Help | Pushed/Punched, etc. | Deep Breath | Apologize | |

I can continue using positive problem solving skills!

Signature of student: _____

Parent: _____