PROBLEM SOLVING
FOR THOSE TIMES WHEN YOU DON'T KNOW WHAT TO DO!

READY
Are you calm enough to think clearly?
Use your best calming down tricks

STEADY
How are you feeling?
Why are you feeling like this?
How would you like things to be different?
Set a goal
What are all the different things you can do?
Which would be best?
Make a plan

GO
Try out your idea!

REPLAY IN SLOW MOTION
Think about how you did it
Check if things are OK
PEACEFUL PROBLEM SOLVING
FOR THOSE TIMES WHEN YOU JUST CAN'T HELP FALLING OUT!

READY
Are you ready
to think together?

I felt... when... because... I would like...

STEADY
Take it in turns to talk about what went wrong

Don't butt in when it's not your turn

Think of ideas together
Choose one idea

We could try... or... or... Let's try...

GO
Try out your idea!

Put in the bin:
It's your fault
It's not fair
You are always...
I hate you

REPLAY
Think about how you did it
Check if things are OK