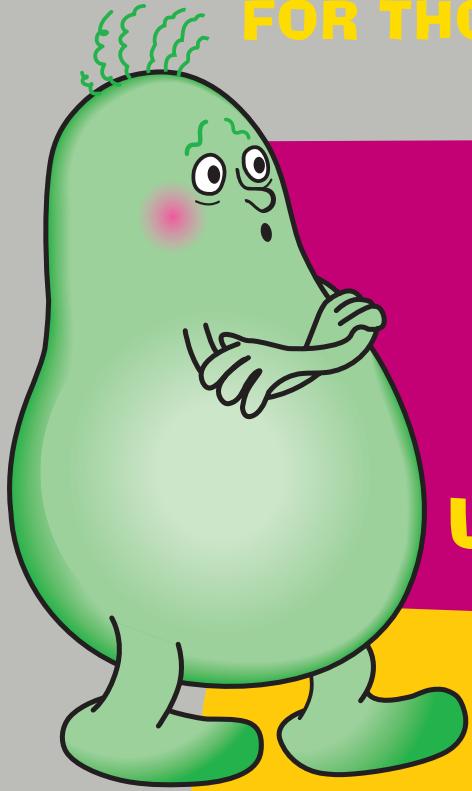


PROBLEM SOLVING

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?

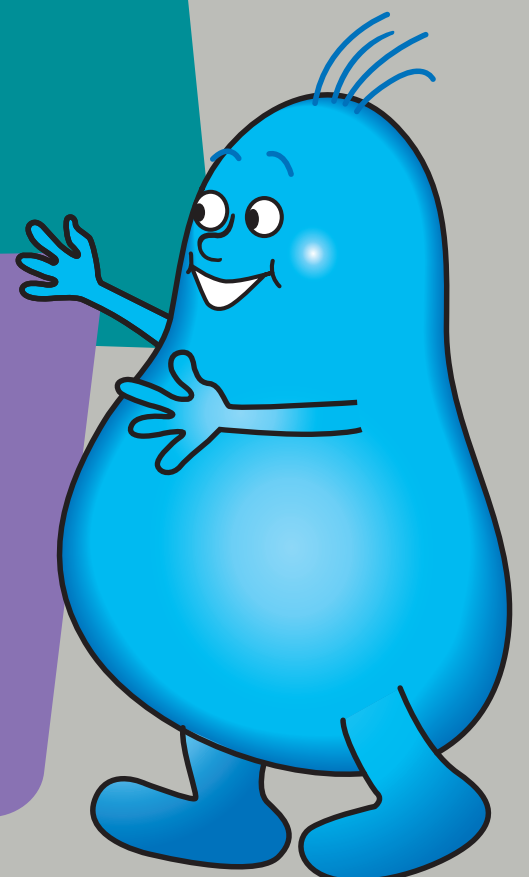
Make a plan

GO

Try out your idea!

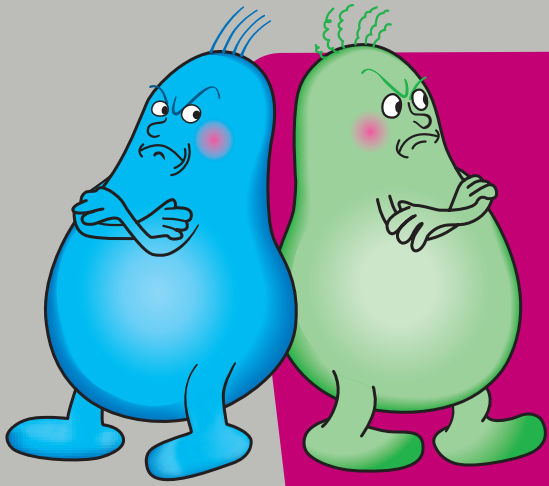
REPLAY IN SLOW MOTION

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?

We know how
we feel

We feel calm enough
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

This isn't working
Perhaps we need a
referee to keep us
on track

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

GO

Try out your idea!

It worked well because...
It would be better if...
Next time let's...

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

