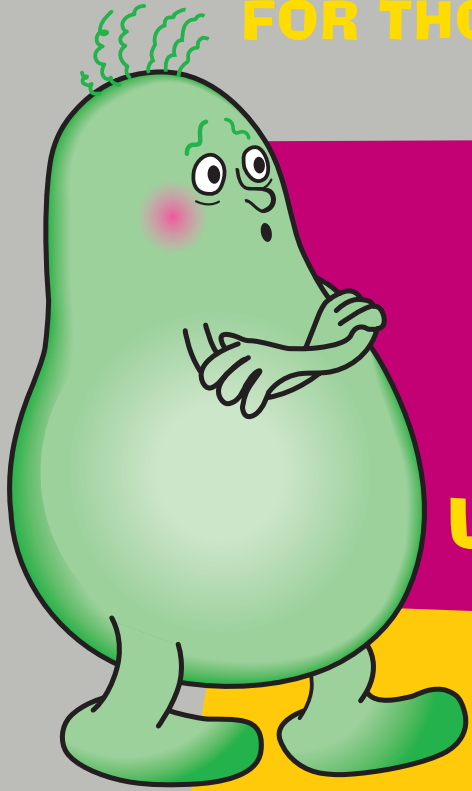


PROBLEM SOLVING

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

