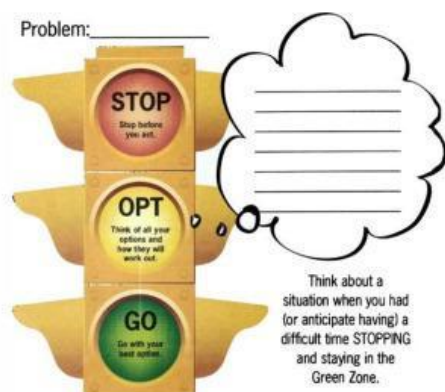


Choose 3 problems (see page 2), discuss them and fill in the STOP-OPT-GO worksheet



● STOP – Pause and Notice

“What’s the problem here?”, “How do I feel about it?”, “Am I about to react in a way I’ll regret?”

● OPT – Think of Your Options

“What are my choices right now?”, “What could I try to fix this and/or feel better?”, “Which options are respectful, safe, and smart?”

 GO – Pick the Best Option and Try It

“What’s the best action to take now?”, “When can I try it to see how it works?”

Problems:

- 1

You got a much lower grade on your test than you expected.
- 2

Someone sat in your spot.
- 3

You were paired up for a project with a classmate you dislike.
- 4

Class ran late and it cut into your free time.
- 5

A classmate blamed you for something you didn't do.
- 6

Someone stole your favorite item.
- 7

The teacher doesn't call on you when you had your hand up and knew the answer.