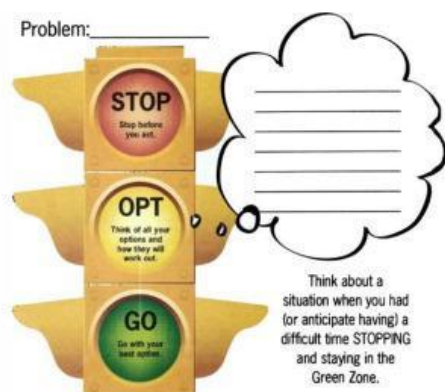


Choose 3 problems (see page 2), discuss them and fill in the STOP-OPT-GO worksheet



### ● 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.*