

**PROBLEM**

**FEELINGS**

**CALM DOWN STRATEGY**

**SOLUTIONS(circle solution chosen)**

**EVALUATE SOLUTION**

1.

2.

3.

4.

**SAFE**

**FAIR**

**WORK**

**FEELINGS**

<b><u>SAFE</u></b>	<b><u>FAIR</u></b>	<b><u>WORK</u></b>	<b><u>FEELINGS</u></b>