


Mini Posters for Pocket Resource

What do friends do?

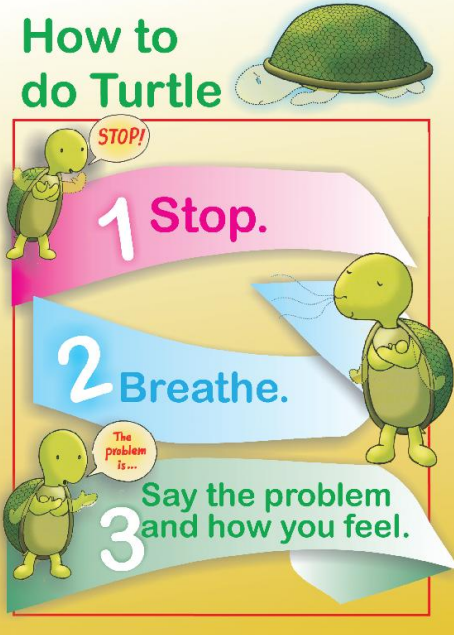


Friends play.

Friends help.

Friends share.

How to do Turtle




1 Stop.

2 Breathe.

3 Say the problem and how you feel.

3 Steps for Calming Down




Tell yourself to **STOP**

Take one long deep **BREATH**

Say the problem and how you **FEEL**

Control Signals



STOP! STOP AND CALM DOWN

MAKE A PLAN THINK

GO! GO! - TRY MY PLAN

Evaluate - How did I do?

Fair Play Rules




Take Turns

Follow the Rules

Don't Tease or Boast

Problem - Solving Chart



STOP!

- Stop and calm down
- Identify the problem
- Identify the feelings

GO SLOW!

- Decide on a goal
- Think of lots of solutions
- Think about the consequences
- Choose the best solution
- Make a good plan

GO!

- Try my plan
- Evaluate - How did I do?
- If you need to, try again

Evaluate - How did I do?