

Help Me, Help You Sheet

We have a problem to solve together. Think about these questions. Respond to them in words, pictures, or both. Then, we'll talk about it.

Something Happened ...

What happened?

How did you feel at the time?

What did you WANT to happen?

If it Happens Again

I want to feel ...

*Is there another way to get what you want
that has a better outcome for you and others?*

My teacher can help me by ...