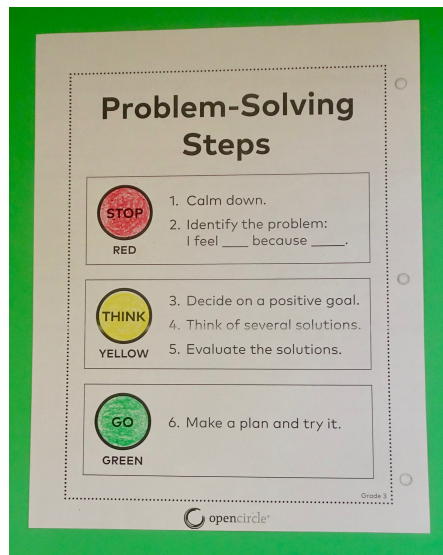


Problem Solving Practice

Tuesday ~ You just listened to *I'm Here!* and *Be A Friend.*

Take some time to reflect ~ list two or three times when you have felt left out, lonely or unsure of how joining a new group would go.



Look at our Open Circle Problem Solving Chart.

STOP

Write an “*I statement*” for each item on you listed above.

I feel ____ because ____

Next, look at the **THINK** section. Choose **one** of your situations and I statement to take to the next step. Think of a positive goal. To do that, think, “What do I want to have happen? How do I want things to end up?” Check and make sure that your goal is fair to others and takes into consideration the needs and feelings of others.

Write two or three solutions for that one situation. I feel ____ because ____ so I ...