



Think It Through

Name: _____ Grade _____ Track _____ Date: _____



1. How am I feeling right now? _____



Angry



Happy



Sad



Frustrated



Confused



Surprised

2. What is the problem? _____



Think

3. What are some solutions? _____

For each solution, ask yourself:

- Is it safe?
- How might people feel about it?
- Is it fair?
- Will it work?
- Is it respectful?

4. What did I do? _____



Act

5. What would I do differently? _____

