

# THE SOLUTION STAR

Want to be a solution star? Staying stuck in a problem hurts...finding solutions is the way to go!

## Move away

Do something else until you're calm.



## Count to 10

while breathing slowly. Still mad? Count again!

1...  
2...  
3...  
4...  
5...  
6...



## Be flexible

compromise, find a different way that might work.



## Fix the hurt

Ask or think 'how can I make this better?'



## Share your feelings calmly

listen to other people calmly.



## Ask for help

if you need it



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