



I use my curious brain and kind heart to be a Peaceful Problem Solver!		Steps
	Did I choose to stop, take deep breaths to calm my body, and name my feelings?	1
	Did I choose whole body listening and curiosity to understand how someone else felt?	2
	Did I choose a kind, inside voice to clearly share my feelings?	3
	Did I choose to be a curious, kind problem solver to find a solution that made everyone comfortable?	4

I can reflect! Today I used these steps: 1 2 3 4

I can set goals! Tomorrow I will try to add step: 1 2 3 4

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