Solution Finder Worksheet

Problem: You lost the game
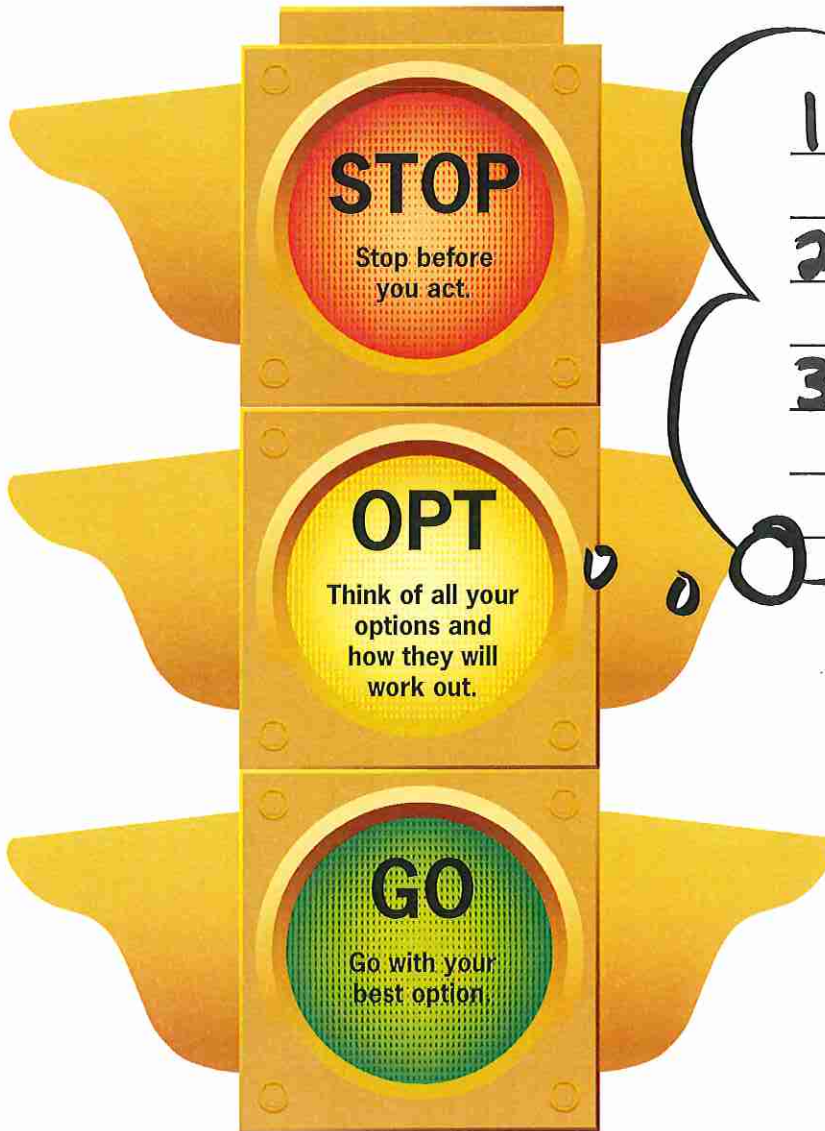
STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____
_____

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.
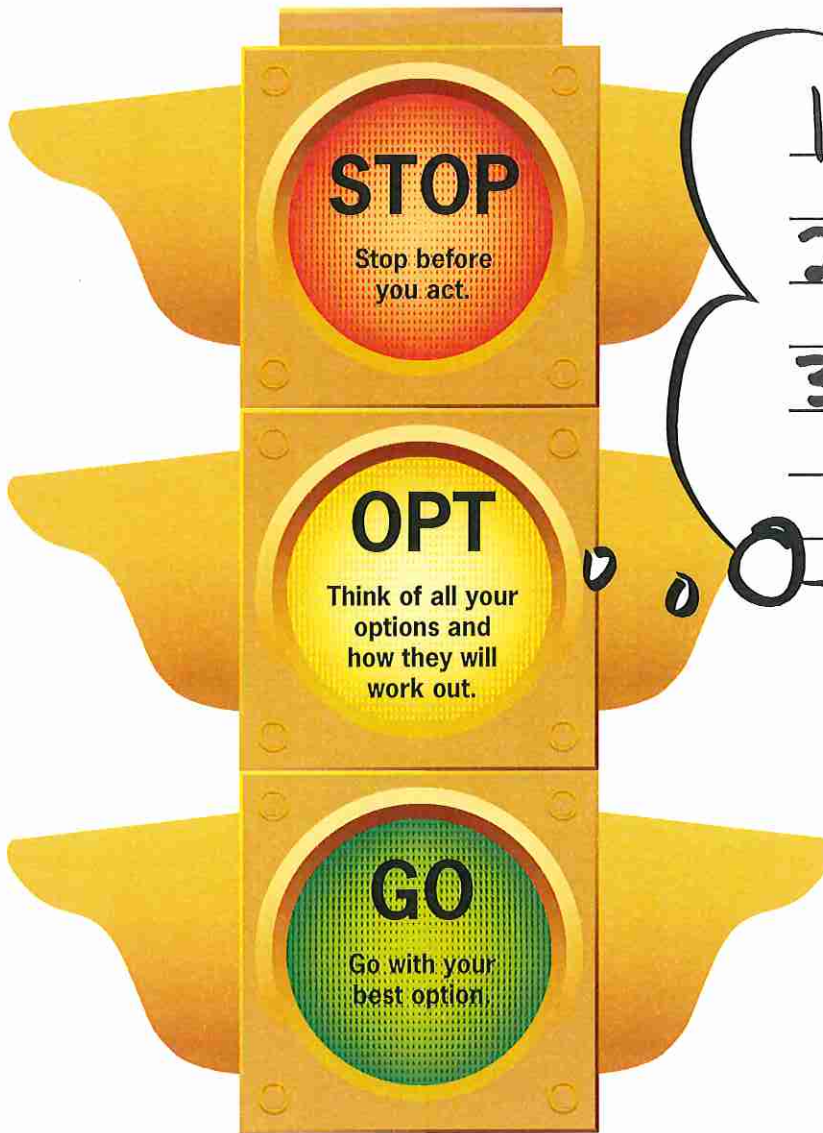
Use this STOP, OPT, and GO Solution Finder Worksheet to brainstorm all of the OPTIONS you have—good and bad. This includes using your tools as well as the choices that aren't so good, like losing your cool.

- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem: Your idea wasn't picked as the favorite

STOP
Stop before you act.

1. _____
2. _____
3. _____

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.
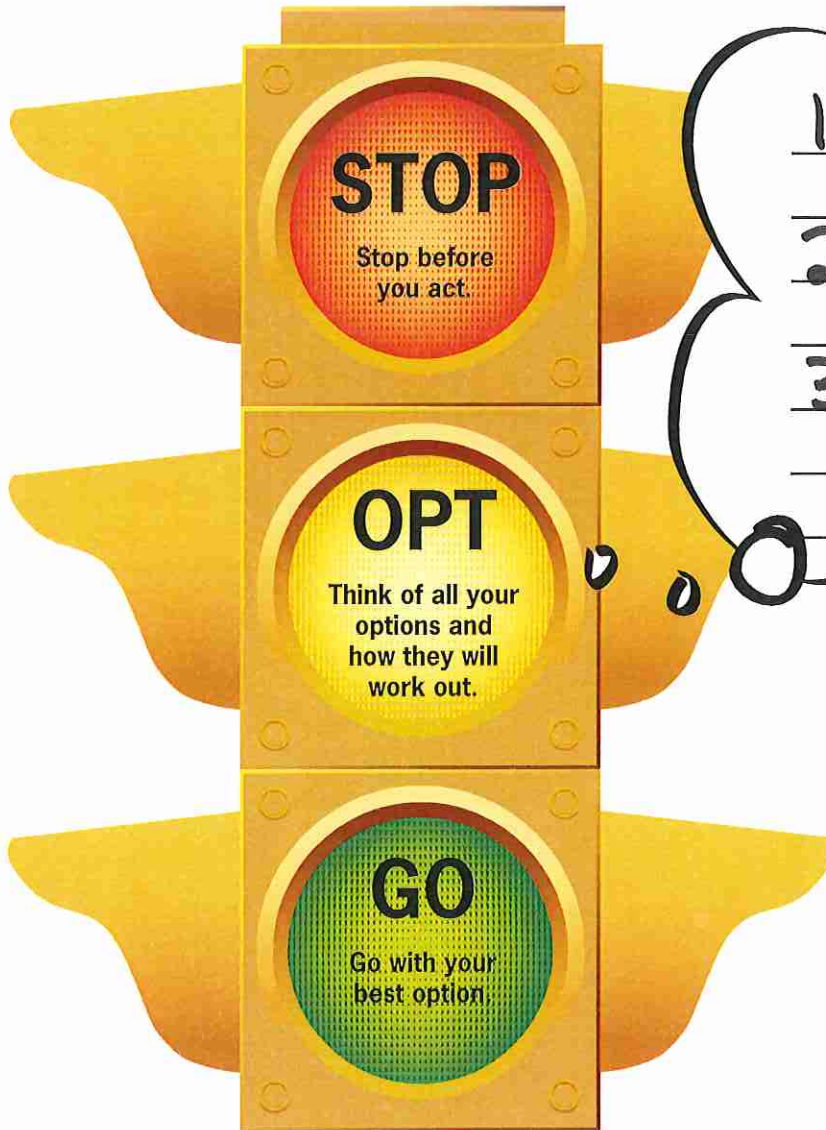
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• Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem:_____ You got a much lower grade on your test than you expected

STOP

Stop before you act.

OPT

Think of all your options and how they will work out.

GO

Go with your best option

1._____

2._____

3._____

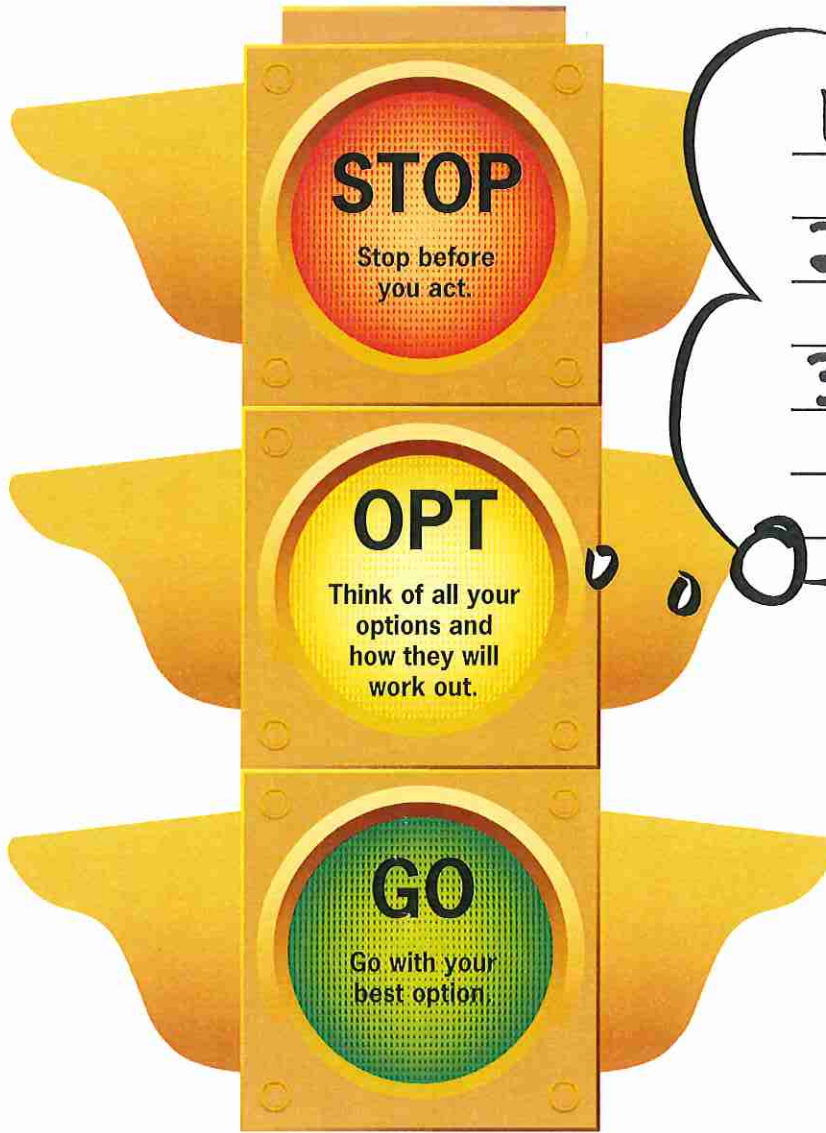Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

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- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem: _A classmate blamed you for something you didn't do_

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____
_____
_____

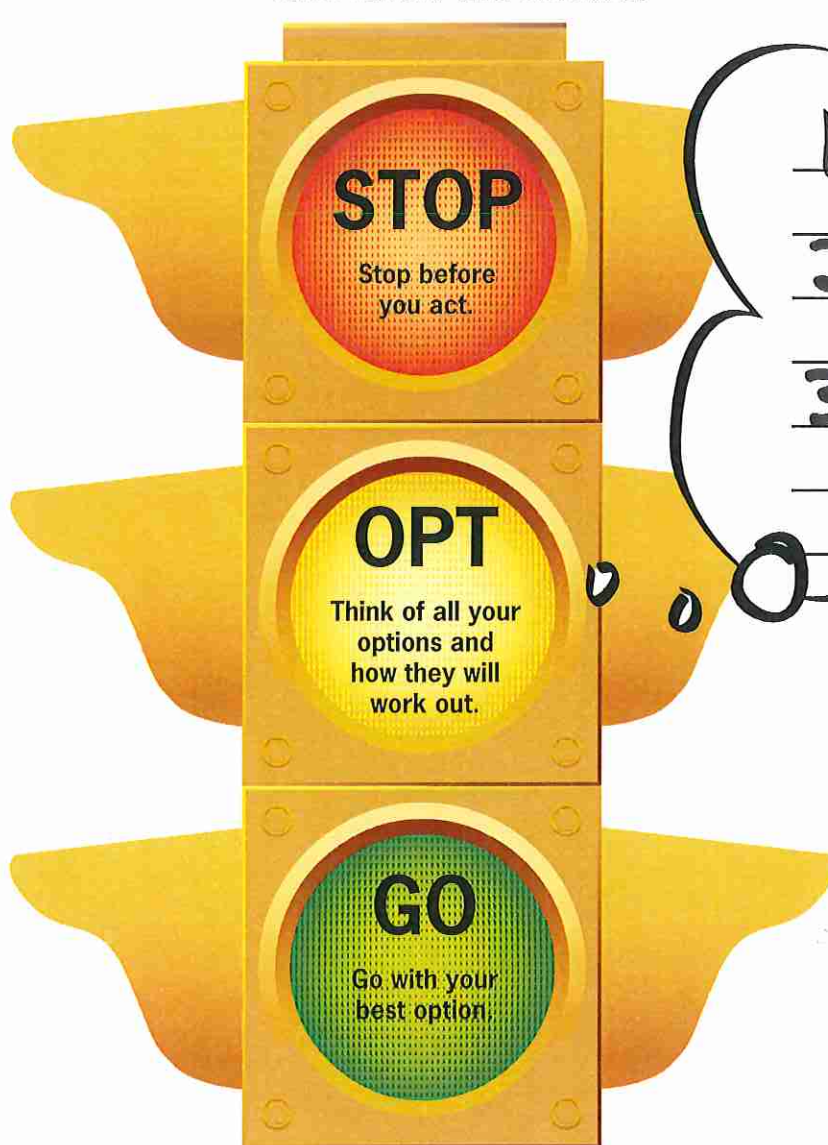Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

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- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem: The teacher doesn't call on you when you had your hand up and knew the answer

STOP
Stop before you act.

1. _____
2. _____
3. _____
_____
_____

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

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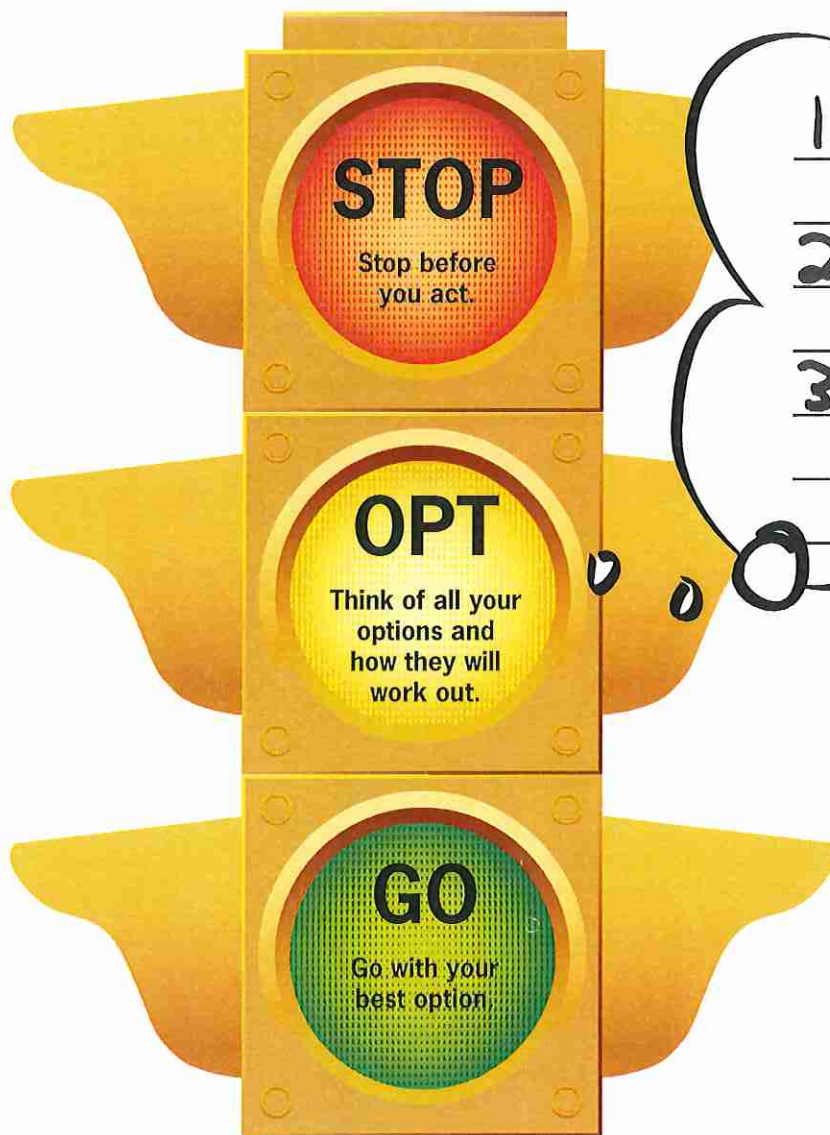
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- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem: _There was an unexpected change in your schedule_

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____
_____
_____

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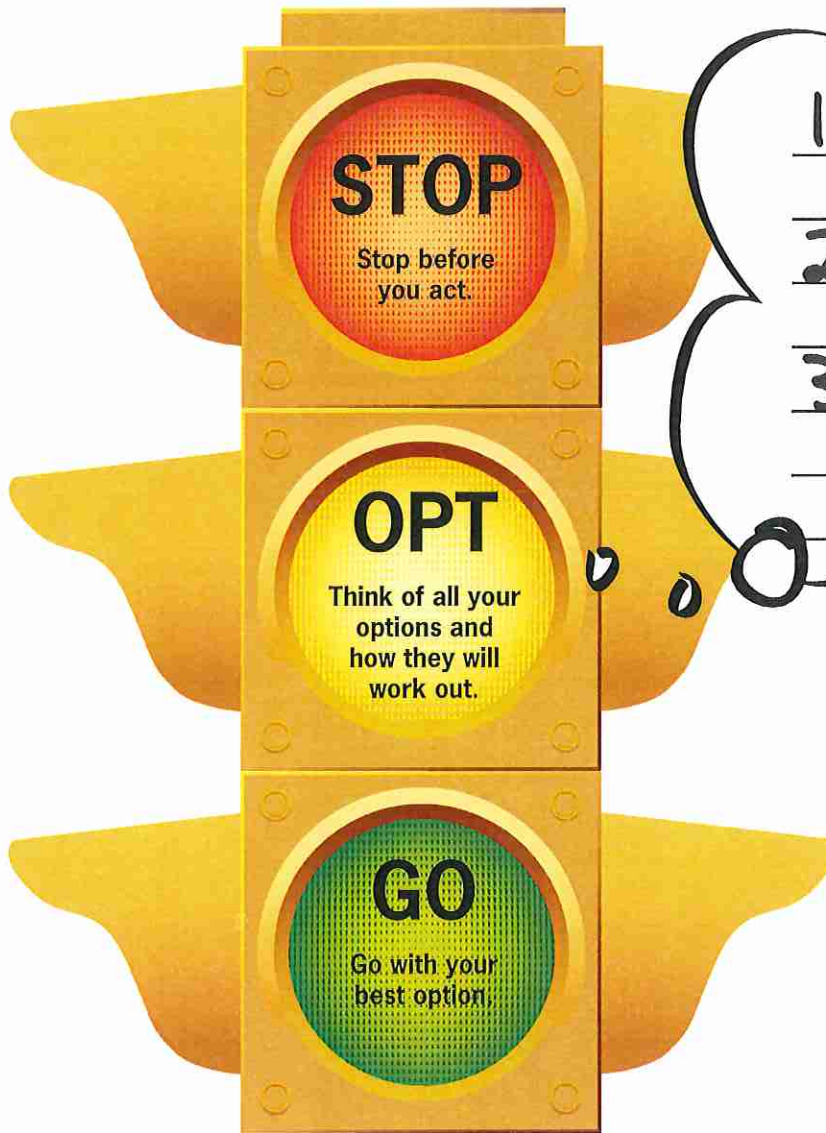
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- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem: A promise from a friend was broken

1.
2.
3.

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.
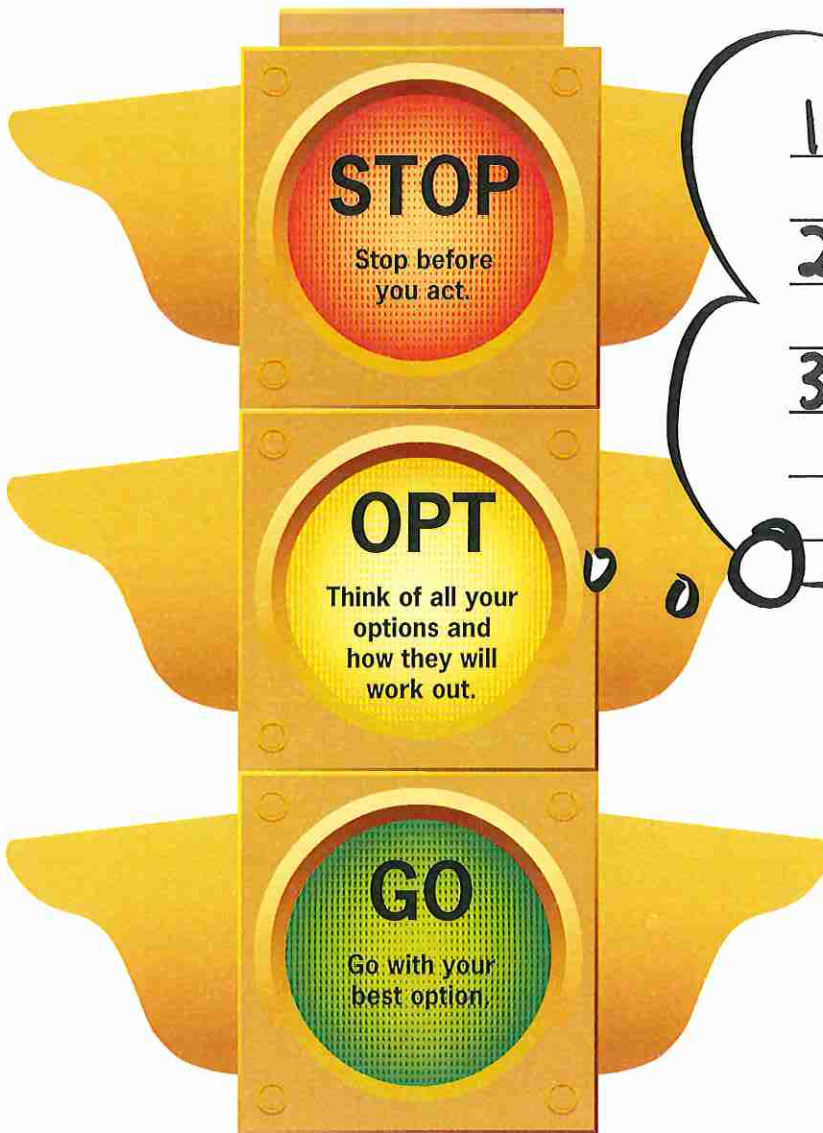
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- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is:

Solution Finder Worksheet

Problem: _You don't like the hot lunch and didn't bring one from home_

STOP

Stop before you act.

OPT

Think of all your options and how they will work out.

GO

Go with your best option.

1. _____
2. _____
3. _____
_____
_____

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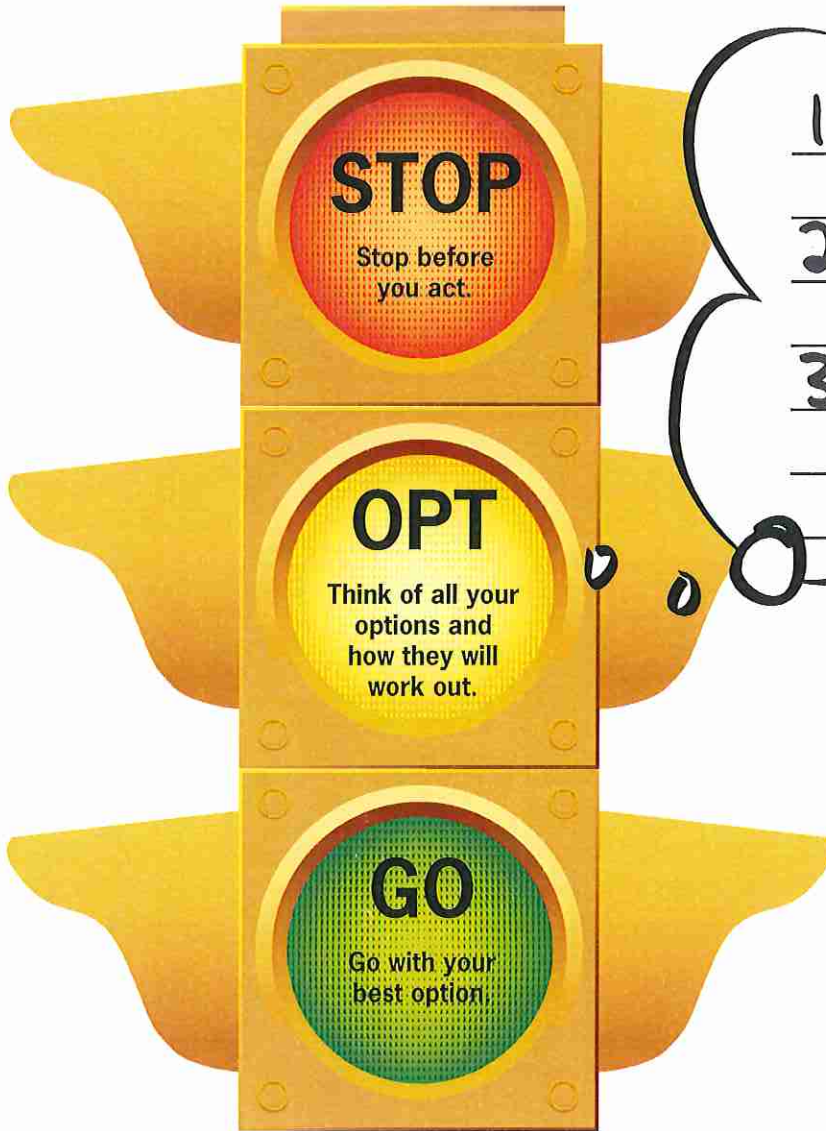
- Consider each option.
- Take a yellow or red marker and cross off each option that would cause you to go into those zones.
- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem:_____ Too many people are talking loudly around you

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1._____
2._____
3._____

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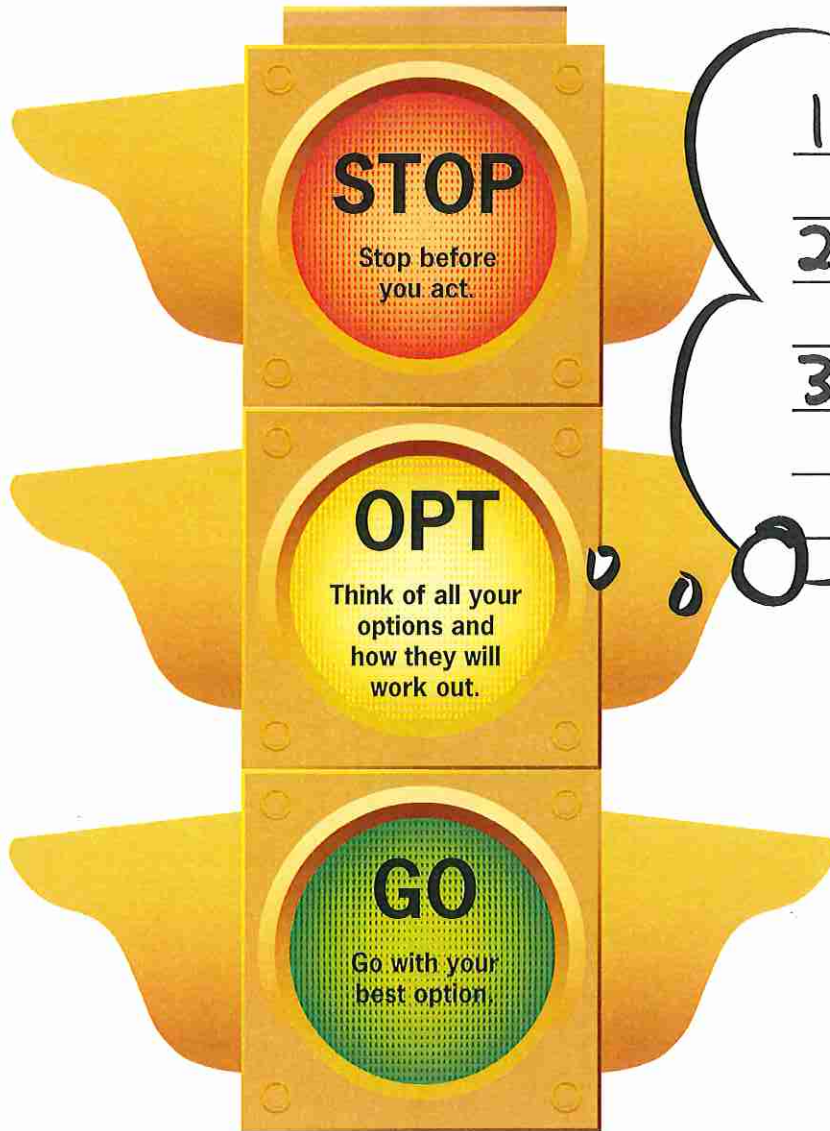
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- Take a green marker and circle the best option(s) to go with.

My best option is:_____

Solution Finder Worksheet

Problem:___You were late for class___

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____
_____

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.
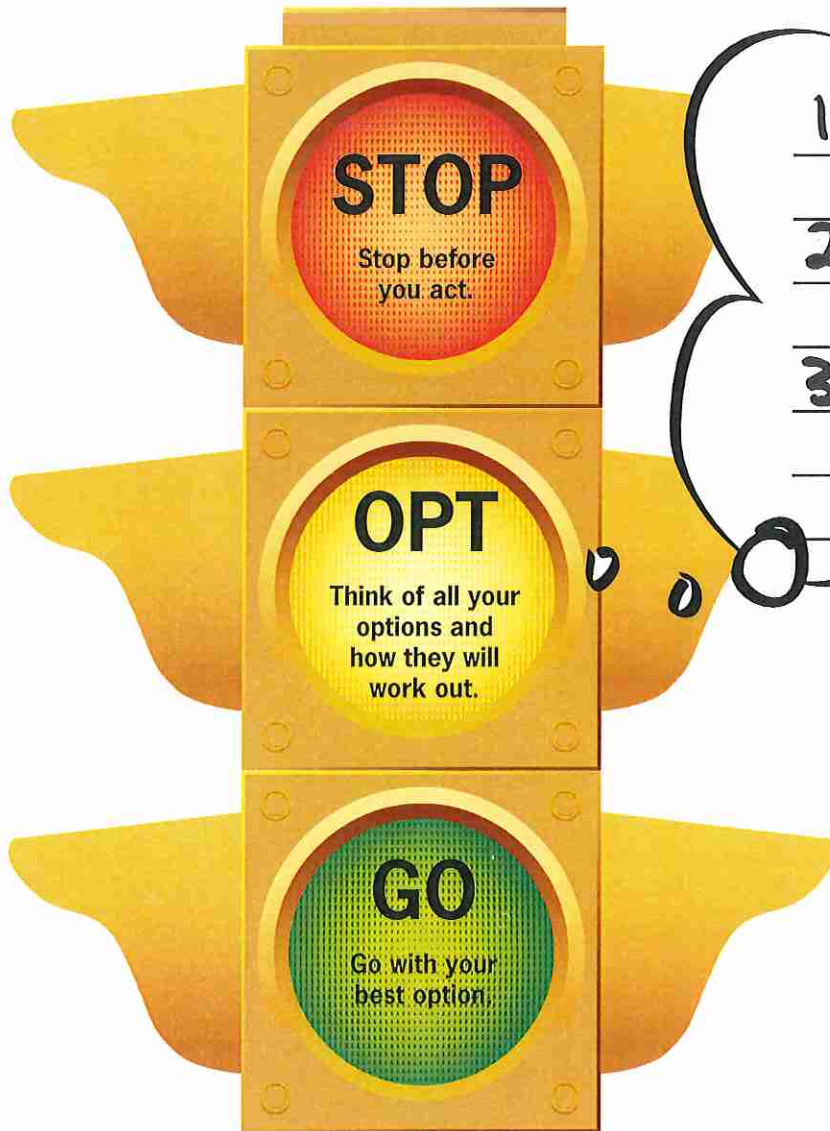
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My best option is:_____

Solution Finder Worksheet

Problem: _Someone sat in your seat_

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____

3. _____
_____

Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.
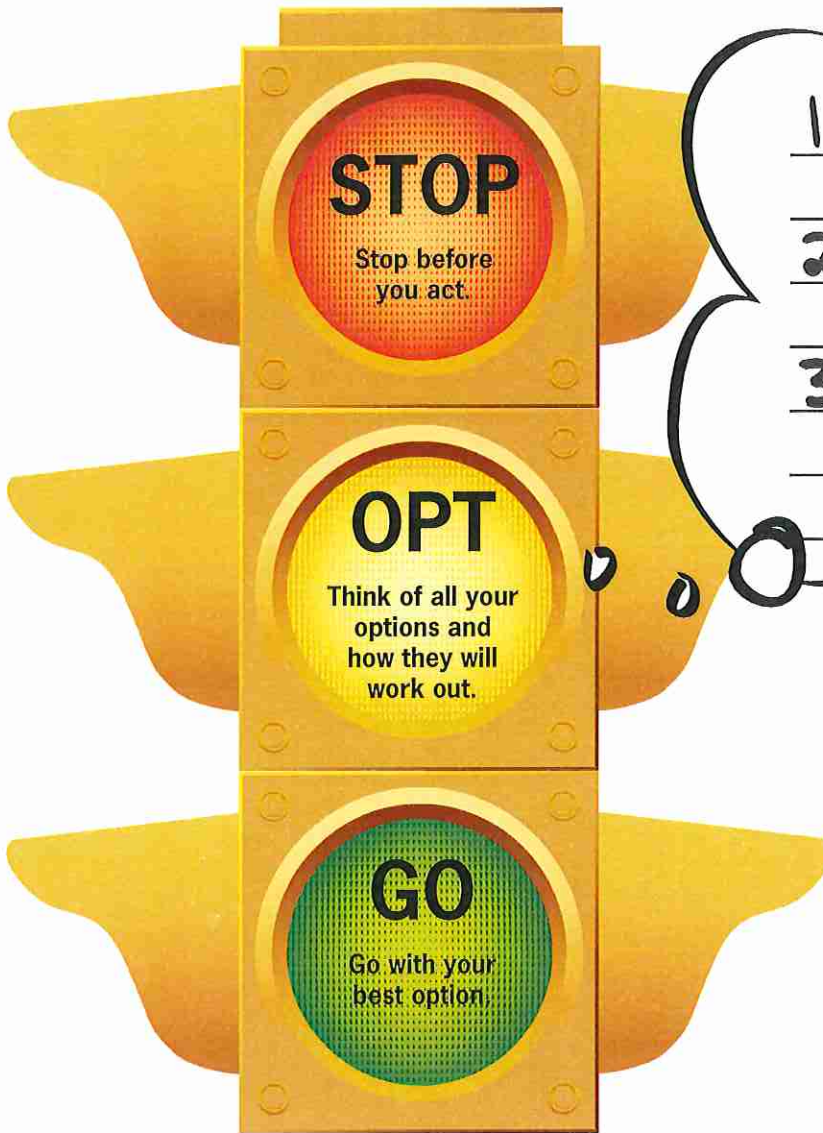
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My best option is:_____

Solution Finder Worksheet

Problem: _____ You were paired up for a project with a classmate you dislike

STOP

Stop before you act.

OPT

Think of all your options and how they will work out.

GO

Go with your best option.

1. _____
2. _____
3. _____

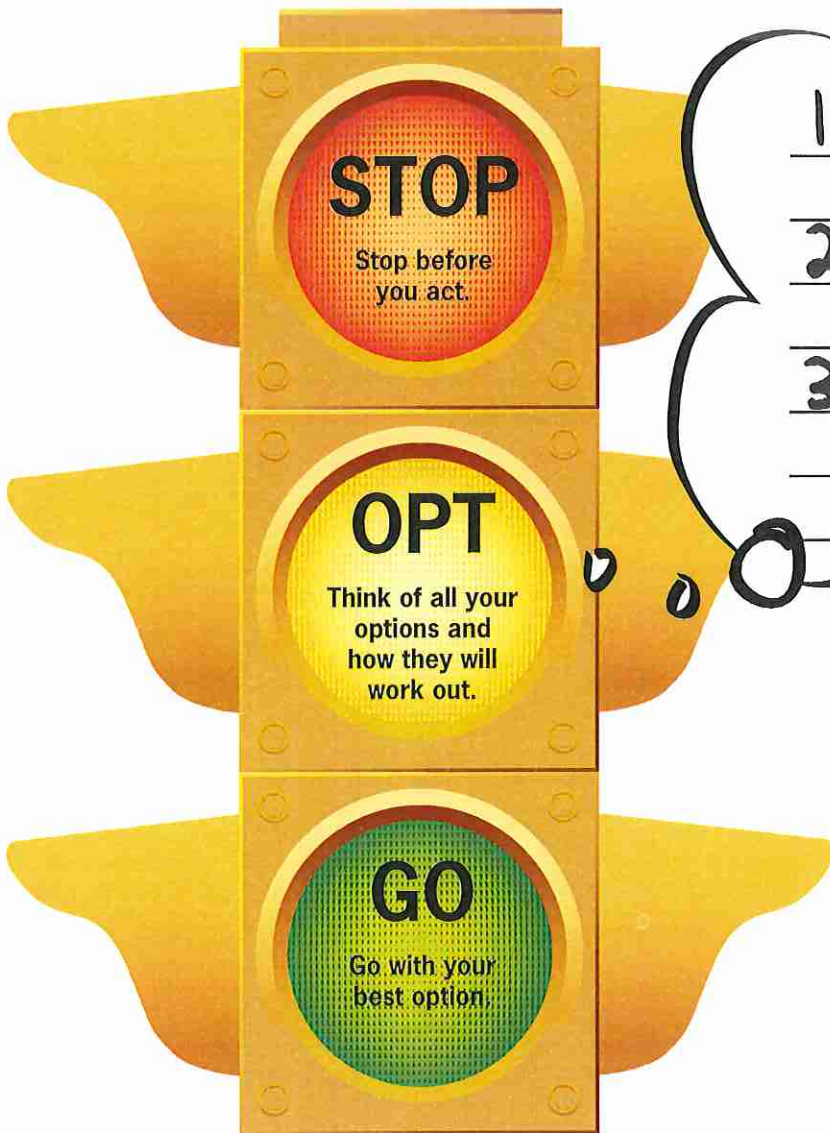Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

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- Take a green marker and circle the best option(s) to go with.

My best option is: _____

Solution Finder Worksheet

Problem:_____ **Class ran late and it cut into your free time**

1._____

2._____

3._____

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

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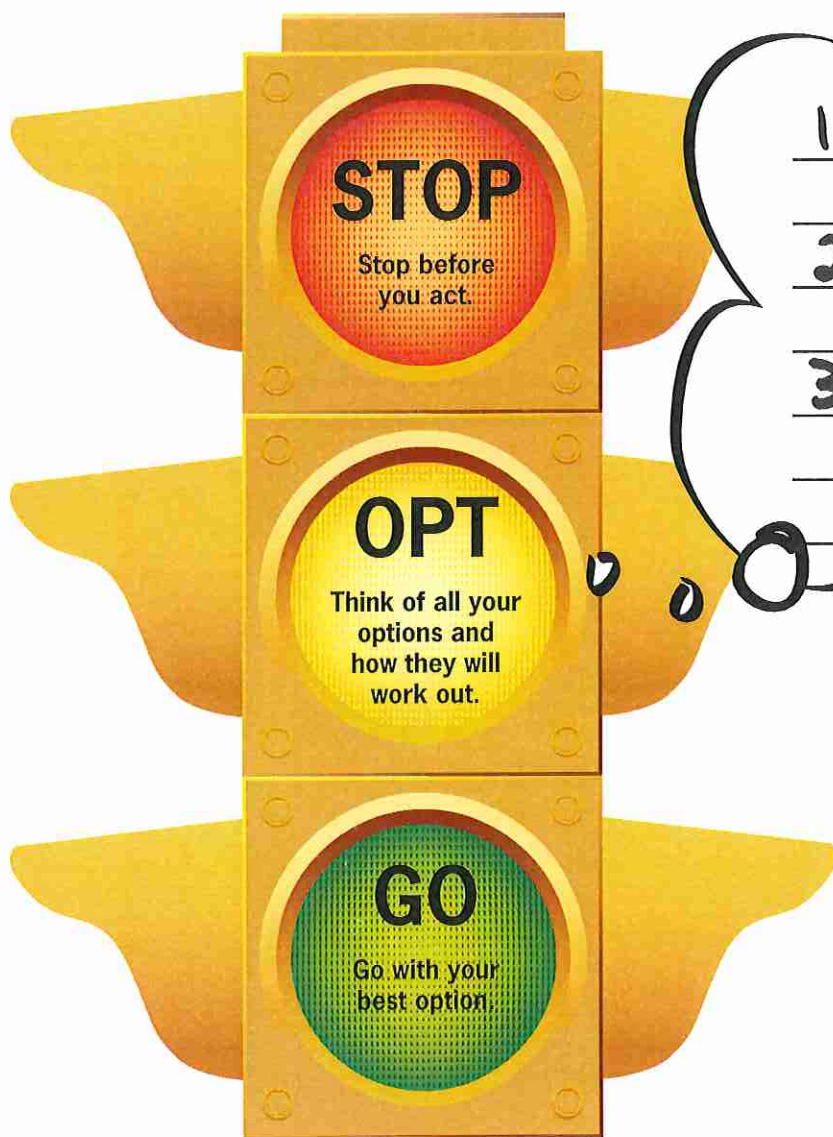
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My best option is:_____

Solution Finder Worksheet

Problem: _____ You caught someone cheating and it annoyed you

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____

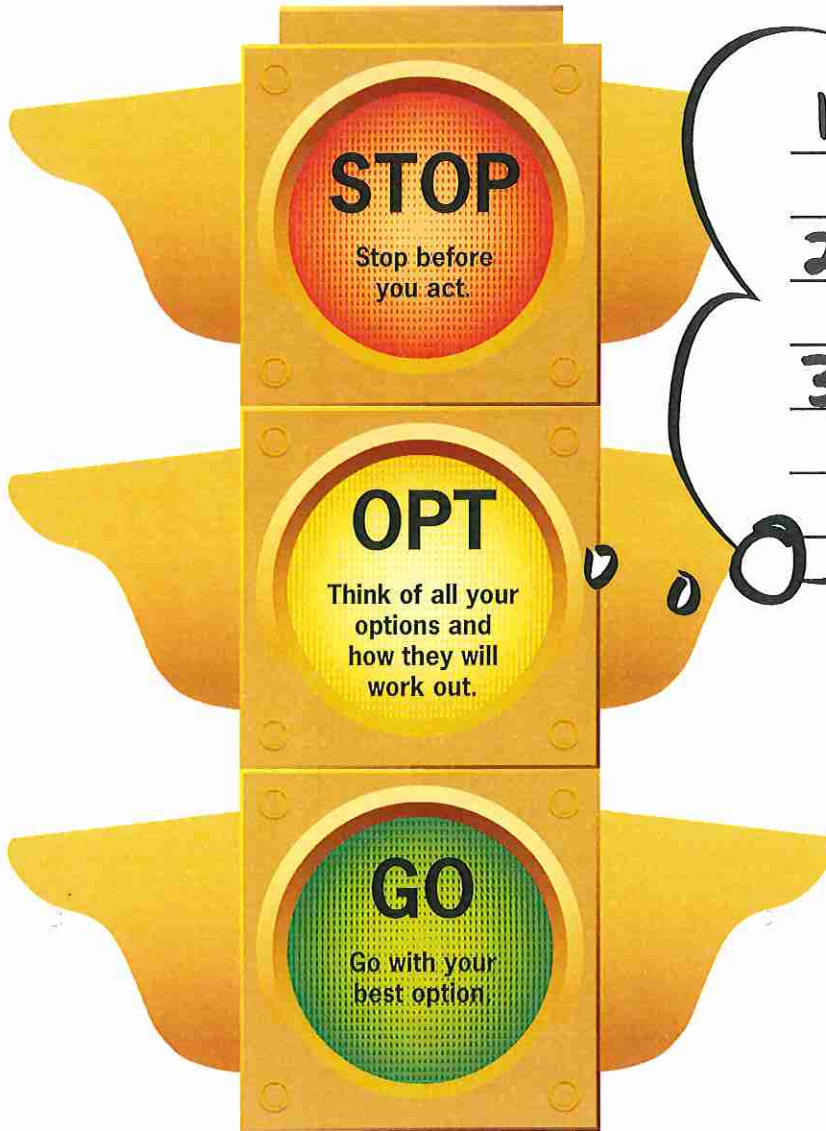Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

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My best option is:_____

Solution Finder Worksheet

Problem: <u>Someone stole something from you</u>

STOP
Stop before you act.

1. _____
2. _____
3. _____

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

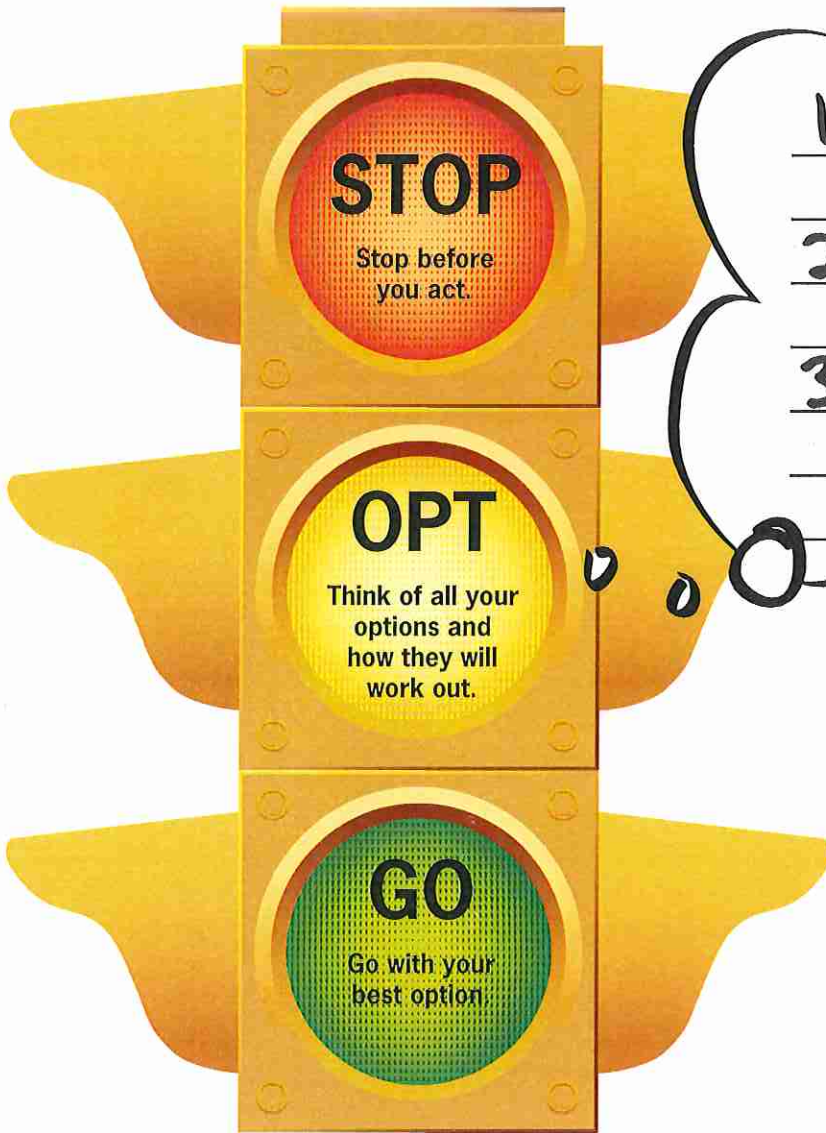Think about a situation when you had (or anticipate having) a difficult time STOPPING and staying in the Green Zone.

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My best option is: _____

Solution Finder Worksheet

Problem: **A classmate is not sharing**

STOP
Stop before you act.

OPT
Think of all your options and how they will work out.

GO
Go with your best option.

1. _____
2. _____
3. _____

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