

## RECIPE PROBLEM SOLVING:

### PROBLEM:

The teacher accuses Tadej of throwing papers after class and disrupting laughing lessons.

Then he gets upset and complain bitterly: » It wasn't me! Why do you always blame only me?«

### FOLLOW 5 EASY STEPS:

#### 1. ONE SPOON FULL OF ACTIVE LISTENING

Listen very carefully to what your teacher is saying!

#### 2. TWO PIECES OF PATIENCE

Be patient! Don't jump in the word, don't argue. Focus on what your teacher is saying, rather than interrupting and upsetting him. Take time to listen!

#### 3. THREE GLASSES OF COOPERATION

Be a participant, ask for a word. Calm down and tell your story rightfully. Listen to the others. Take responsibility for your actions as necessary.

#### 4. FOUR SLICES OF EMPATHY

Try to get into the role of a teacher, step into his boots. Not to get upset or condemn. It is the responsibility of the teacher to give the lessons at the best very possible.

#### 5. FIVE PARTS OF CREATIVITY AND FLEXIBILITY

Try to learn something from it. What can you do differently?

How can you fix this? How can you regain confidence?

How can you help yourself not to get your attention elsewhere?

How can you ignore other classmates who invite you to play during class?

How can improve your concentration?

What positive affirmation can help you find yourself in this situation?