

RECIPE PROBLEM SOLVING:

PROBLEM:

In class, I feel lonely, classmates ignore me, insult me, make fun of me. They spread lies about me. What to do?

Alenka

FOLLOW 5 EASY STEPS:

1. ONE SPOON FULL OF ACTIVE LISTENING

Get help from an adult you trust. You can tell the classteacher or school counselor, at any other person at the school you trust. You have to discuss this with your parents. Listen well to what they tell you and what they advise you.

2. TWO PIECES OF PATIENCE

Be patient! Trust the classroom teacher to stand by. The teacher help you clear up what's going on. So it takes time. Take time to listen, don't react too fast. Listen to your classmates what they say. Tell the truth, tell how you feel when they do it. Don't be afraid, you're not alone.

3. THREE GLASSES OF COOPERATION

Be a participant, ask for a word. Take it easy and honestly express what you feel. Listen to the others. Take responsibility for your actions as necessary.

4. FOUR SLICES OF EMPATHY

Try to look at what was happening from a broader perspective. Not all classmates have the same contribution in this, try to understand.

5. FIVE PARTS OF CREATIVITY AND FLEXIBILITY

Try to learn something from it.

What are you going to do next time if you find yourself in a similar situation?

What can you do to prevent this from happening?

What positive affirmation can help you in this situation?

What can you do for a better classroom relationship?