## PATHS Problem Solving Chart



**Stop and Calm Down** 

**Identify the Problems** 

**Identify the Feelings** 



**Decide on a Goal** 

**Think of Lots of Solutions** 

**Think About the Consequences** 

**Choose the Best Solutions** 

**Make a Good Plan** 



**Try My Plan** 

**Evaluate ~ How Did I Do?** 

If You Need To, Try Again