

SODAS
worksheet

SITUATION: A KID IN MY CLASS THAT I DON'T LIKE IS THROWING PAPER AT ME

OPTION 1

OPTION 2

OPTION 3

THROW PAPER BACK AT HIM

TELL THE TEACHER

IGNORE HIM

disadvantages

disadvantages

disadvantages

1. I'll hit someone else and they won't like me.
2. I'll get in trouble.
3. I might get grounded.

1. I'll be a tattletale.
2. The teacher won't care.
3. I'll get beat up.

1. He'll keep throwing paper at me.
2. I'll look weak.
3. His friends might throw things at me too.

advantages

advantages

advantages

1. It might make him stop.
2. Other kids will think I'm funny.
3. I can get even.

1. The teacher will make him stop.
2. I'll lose points for the day.
3. I can tell my parents I made a good choice.

1. I can look cool.
2. I won't be breaking a class rule.
3. He might stop.

SOLUTION: I WILL IGNORE HIM AND TELL THE TEACHER IF HE DOES IT AGAIN.