



Finding Strategies that Work for You

Name: _____

Date: _____



1 What strategy is Aki thinking of using here? _____ .

2 You pick a strategy that helps you **stay in the situation** and....

- A meet your needs.
- B makes others happy.
- C works for your friend.
- D is easy to do.

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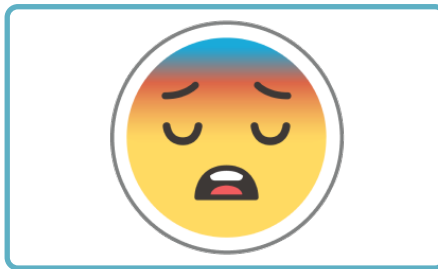


- 3 How did Mateo feel before giving his presentation? What strategy did he use to help him regain control?

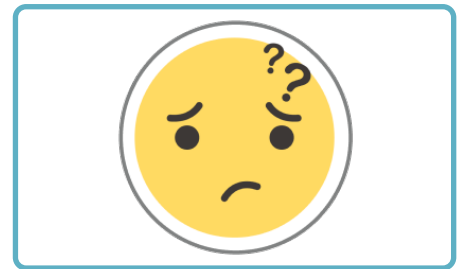
Mateo felt...



A Nervous



B Upset



C Confused

He regained control by... _____

- 4 Is it okay to use a different strategy than your friend or classmate? Why or why not?
