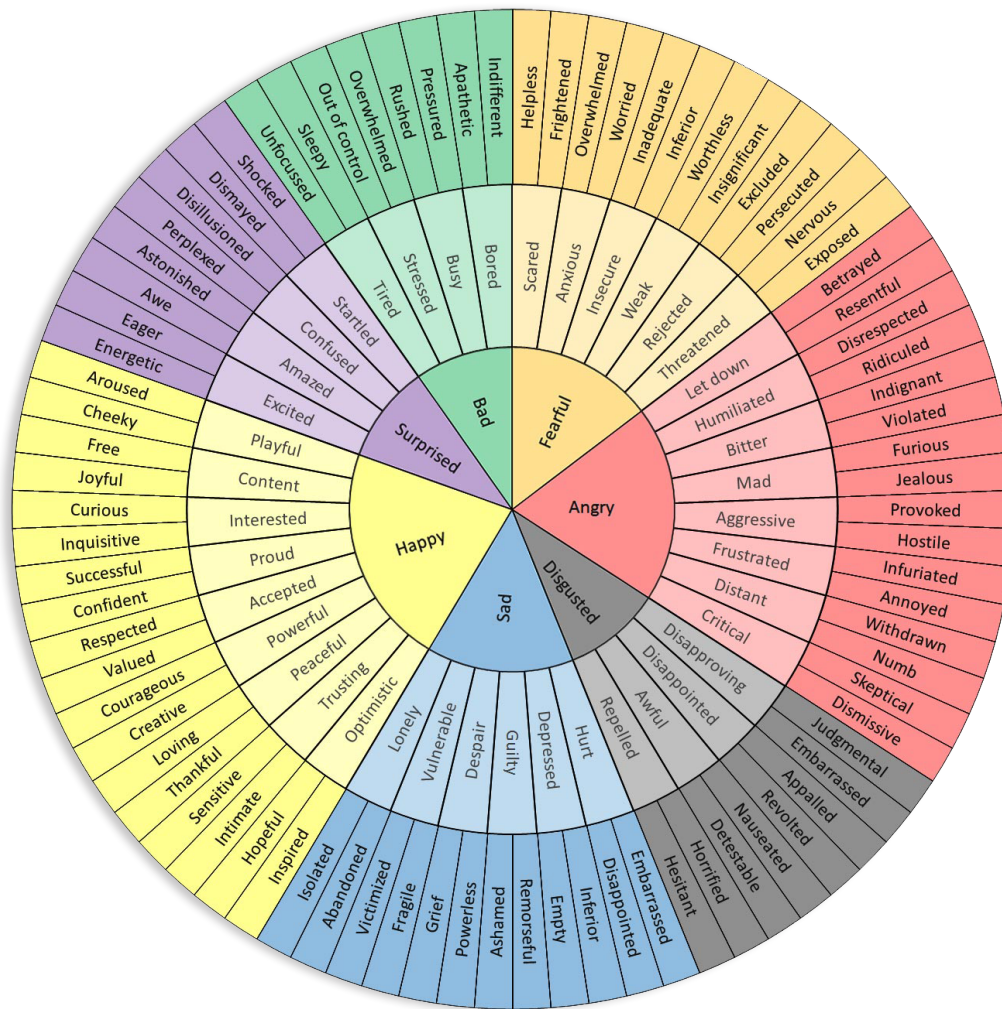


## Name the Emotion



## Craft a Solution Together

Steps to take		What this might sound like
1	Be aware of your feelings and your student's.	<p>(Hint: Use the Emotions Wheel!)</p> <p><i>"At first I thought that I was feeling bad, and I thought about it &amp; I'm feeling stressed and overwhelmed. How are you feeling?"</i></p>
2	Initiate repair by using "I statements."	<p><i>"I didn't handle that in the way that I wish that I had. I really want us to feel good about each other again. Let's talk about it."</i></p> <p>Don't give up if your first few attempts are met with a dismissive attitude, and avoid blaming your student.</p>
3	Describe what each person needs.	<p>(Hint: Use the Emotions Wheel!)</p> <p><i>"It is important to me to feel respected as your Learning Coach. What do you need?"</i></p>
4	Determine next steps.	<p><i>"Thanks for telling me that you need... "</i></p> <p><i>"I can help with that by... "</i></p> <p><i>"You can help me feel respected by..."</i></p>