

# Making a Plan

I wanted \_\_\_\_\_.

**Coaching Tip:** Reframe with positive intent if needed.

So I \_\_\_\_\_.

**Coaching Tip:** You didn't know what else to do.

When I \_\_\_\_\_, my friend's face  
looked like this. He/she said \_\_\_\_\_.

**Coaching Tip:** If you saw the action, demonstrate the face you saw. If you did not see the action, give two choices (frustrated and happy) for the child to choose from.

My actions were hurtful.

My actions were helpful.

**Coaching Tip:** Do you think you were being helpful or hurtful?

Next time, when I want \_\_\_\_\_,

I choose to \_\_\_\_\_.

**Coaching Tip:** Are you willing to practice now? Let's try it and see if it works.

