

HASSLE LOG



Name: _____

Date: _____

Time: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Where were you?



Hallway



Playground



Cafeteria



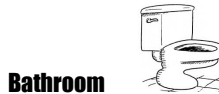
Classroom



Bus



Gym

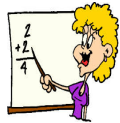


Bathroom



Home

Who was involved?



My teacher



A classmate



Another teacher



Someone from another class



My family

How did you feel?



Happy



Okay



Upset/Anxious



Overwhelmed



Angry

What happened?

Anxious



Feel sick



Left out of the fun



Too tired



Not working



Fighting



Someone bothered me



Challenging task

What did you choose to do?



Ignored teachers



Too loud



Hid



Threw things



Ran/walked away



Hurt someone



Dangerous choices



Used a tool



5 Step Power Plan



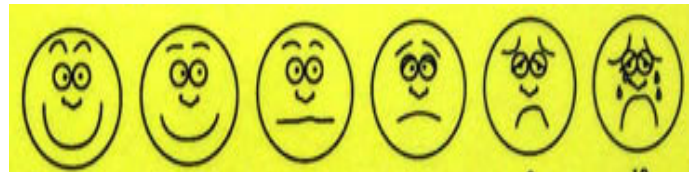
Problem size?

Size of the Problem

Remember the size of your reaction has to match the size of the problem!
How big do others see the problem?
How big should your reaction be?



How did you handle the situation?



great

good

okay

not so well

poorly

horribly

Tools for next time...



1.



2.



3.