

## Regulate

Regulation needs to happen for problem solving to be effective and possible. Problem solving will not be effective until we are all calm. Problem solving can pause if we lose emotional regulation in the process. Regulation keeps us respectful.

## Connect

Connection provides a bridge to communication and strengthens emotional ties. Try an appreciation, a compliment, or acknowledge some service that the other has done for you or the community. If you get stuck, ask the other person what they would love to be complimented for contributing or achieving.

## Problem Solve

What happened? It takes vulnerability and safety to be forthright and honest. This builds integrity and accountability. What caused it to happen? How do the people involved feel about it? What can we do to repair the harm?

## Plan for Repair

What would be reasonable, related, respectful and helpful to all concerned. Think about the individuals and community. How can you make amends, forgive and make things right? Have everyone agree with a time deadline. See the Mistaken Goal Chart for ideas if creativity is difficult in the moment.

## Plan for Skill Building

What skill needs strengthening to prevent this problem from occurring in the future? What is the plan for intentionally teaching, modeling and supporting this skill in the individual and community.

Based on learning from Positive Discipline Association Whole School Support Calls. [www.selchicago.com](http://www.selchicago.com) | (312) 852-3249

*Sound Discipline Administrator's Guide* contains tools for whole school application of Positive Discipline Framework.

