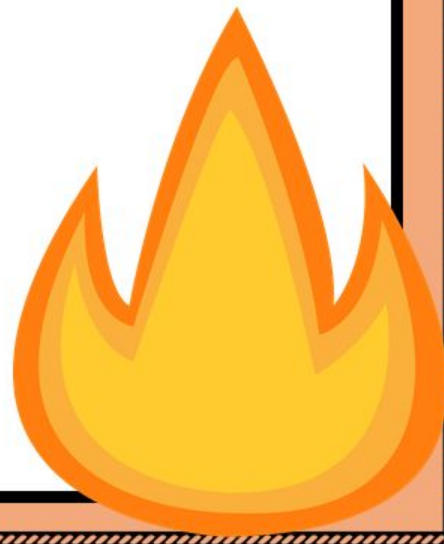
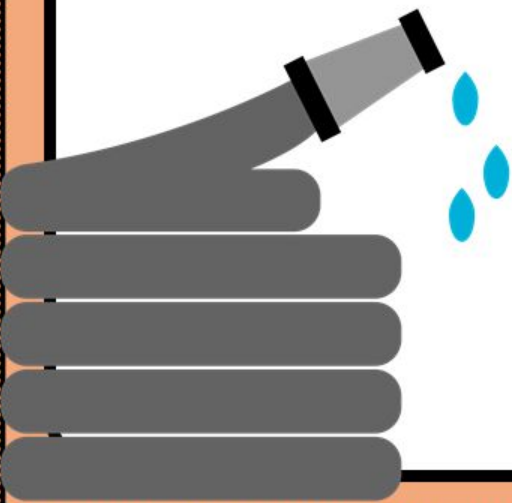


simmer

-or-

IGNITE



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simmer -or- IGNITE

When we come across difficult situations, how we respond can either simmer or ignite the situation.

When we simmer the situation, we calm it down or make it better in some way.

When we ignite a situation, we "add fuel to the fire" making it worse or a bigger deal than it was.



When faced with conflict,
choosing to respond in a
way that makes the
situation better,
simmers the situation.

PREVIEW



When faced with conflict,
choosing to respond in a
way that makes the
situation worse,
ignites the situation.

She won an award last week. Today, her name was said on the morning news. She couldn't hear it because others wouldn't stop talking. She was so upset she started crying.

REVIEW

Below are possible next steps. Drag and drop a circle around the next steps you think would simmer the situation.

She walks away for a minute to gather herself and her thoughts. She calms herself down and gets back to learning.

She finishes crying and tells herself that it'll be okay. She is proud of herself and that's what matters.

The others make rude comments and she is upset she is

Noticing she is upset, the others apologize. They didn't realize how much this meant to her.



While watching a movie in class, she fell asleep. Her teacher gave her detention. She's upset saying it isn't her fault the movie was so boring.

REVIEW

If you were in this situation, what would you do next?

Type your answer here

Why would you choose to do this next?

Type your answer here...

Would doing this help to simmer or ignite the situation?
Drag a circle to your answer.



STIRNER

or-

IGNITE

STIRNER

or-

IGNITE



While grocery shopping, someone ran into the back of his ankles with the cart. It caused his ankle to bleed.

Think about the three possible next steps below. Drag and drop a checkmark to the next step you would choose, picking what you think should happen next.

- Choice #1: He nicely showed the person his ankle, telling them what happened and how they hurt him.
- Choice #2: He screams at the person, showing them his hurt ankle.
- Choice #3: He starts hysterically crying.

Do you think this helps to simmer or ignite the situation? Drag and drop the checkmark to your answer.

 SIMMER



He is upset that an embarrassing photo of him was posted to social media.

PREVIEW

What would help to simmer this situation?

Type your answer here...

SIMMER

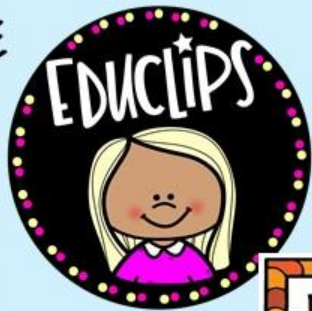
What would IGNITE this situation?

Type your answer here...



-or- IGNITE

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