

Name

Date

## SODAS Worksheet

Situation (What Needs To Be Changed):.....

.....

Options (What could you do to change the situation?):

1.

2.

3.

4.

For each option give one reason why this is a good option AND one reason why it isn't.

Disadvantage

Advantage

1.

1.

2.

2.

3.

3.

4.

4.

Solution (What seems like the best thing to do?):

.....

.....

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## AFTER SODAS

If you solved a group member's problem, how did it feel?

1. For the group that used SODAS:

How did it feel for you using SODAS to help solve your friend's problem?

2. For the person whose problem was solved:

How did it feel for you having your friends use SODAS to help you solve your problem?

3. For the group that used SODAS:

How do you feel about the solution that you chose? Was it a good choice?

4. For the person whose problem was solved:

How did you feel about the solution that you and your friends chose? Was it a good choice?

No matter how good the solution seemed when you were using SODAS, it has to feel right to the person with the problem!