

Using the Invisible Step:

When to Ignore or Not Ignore a Problem

Instructions: place the scenario cards into the correct category.

A classmate distracts
you in science class every
day.

Another student bumps
into you in the hallway
and doesn't apologize.

There's a rumor going
around that another
student wants to fight
you.

Another student
threatens to fight you
after school.

One of your teachers
gives you a zero for an
assignment and you know
you turned it in.

A student in your class
gives you a dirty look.

You are failing math class
because you don't
understand how to do the
problems.

Another student keeps
bullying you on the bus
and you don't feel safe
riding the bus anymore.

There's a rumor going
around that you're dating
someone at school.

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IGNORE

- When faced with a minor irritation.
- When the problem is just a one-time happening.
- When the problem does not harm your ability to reach your goals.
- When the issue will not matter in the long-run

DO NOT IGNORE

- Problems that keep happening
- Problems that delay or interfere with your goals
- Problems that harm you or other people
- Problems that keep you upset, unhappy, or fearful