



# FAST

**Freeze and think** - What is the problem?

**Alternatives** - What could I do to solve the problem?

**Solution** - Which alternative will solve the problem in the long run?

**Try it** - How can I implement the solution?



McIntosh, R. , Vaughn, S. , & Bennerson, D.(1995). Fast social skills with a SLAM and a RAP-Providing social skills training for students with learning disabilities. *Exceptional Children*, 37-40.