We Can Be Problem Solvers!

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ChallengingBehavior.org

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Have you ever had a problem?
Everyone does. Problems can sometimes make us feel sad, mad, frustrated, or confused.
If I have a problem, I can do something. I can try out some solutions to help me with my problem.
If I have a problem, first I have to think about it...

What is my problem?

Step 1
And I have to think of a way to make it better...

Think, think, think of some solutions.

Step 2
Look at some of the solutions I can try!

- Wait and take turns
- Get a timer
- Share
- Play together
- Say, “Please, stop.”
- Ask for help
- Ask for a hug
- Use kind words
- Take a break
- Get a Teacher
- Ask nicely
- Ignore
- Trade
What would happen if I tried my solution...

Would it be safe?

How would everyone feel?

Step 3
Then... give it a try!

If my solution didn’t work, I might have to think, think, think of another solution.

Step 4
Let's try being a problem solver…

…What are the steps to problem solving?
Problem Solving Steps

Step 1. What is my problem?

Step 2. Think, think, think of some solutions.

Step 3. What would happen if...? Would it be safe? How would everyone feel?

Step 4. Give it a try!
What solution might work?

- Wait and take turns
- Get a timer
- Share
- Play together
- Say, “Please, stop.”
- Ask for help
- Ask for a hug
- Use kind words
- Take a break
- Get a Teacher
- Ask nicely
- Ignore
- Trade
We are learning every day to be Problem Solvers!
PROBLEM VISUALS

Cut out and attach with velcro to story.

I am hurt.

I am lonely.

The toy broke.
They took it from me.

I want to play too.

They knocked it down.

They ruined my picture.
They are bothering me.

We all want the same toy.

I don’t have a spot.

They hurt my feelings.