

We Can Be Problem Solvers!

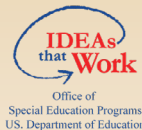


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ChallengingBehavior.org

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Have you ever had a problem?



Everyone does. Problems can sometimes make us feel sad, mad, frustrated, or confused.



Sad



Mad



Frustrated



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.



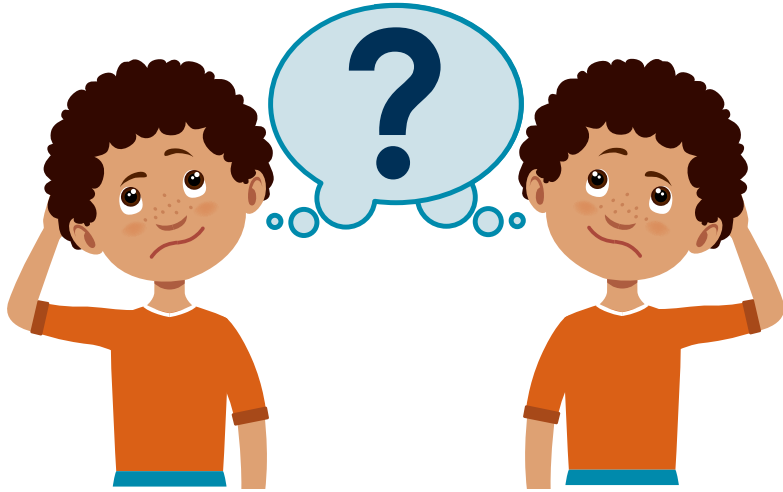
Step 4

Let's try being a problem solver...

PLACE "PROBLEM VISUAL"
VELCROED TO THIS PAGE

...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



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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.

