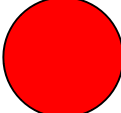


Name:













Problem Solving

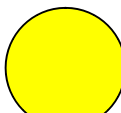
Date:

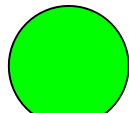
	Stop, take a deep breath, calm down (do turtle/red traffic light)
	What is the problem?

Was it an accident?	Did someone say sorry?
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How are you feeling? (all feelings are okay; all behaviours aren't)
--

afraid 	angry 	confused 	disappointed 	excited 	frustrated 
guilty 	jealous 	lonely 	sad 	worried 	

	What could you do to problem solve? (Golden Rule!)
	1.
	2.
	3.
	4.

	Which idea will you try first? (it's okay if it doesn't work; you have other choices)

Name:

Problem Solving

Date: