

HOW TO WORK THROUGH A PROBLEM

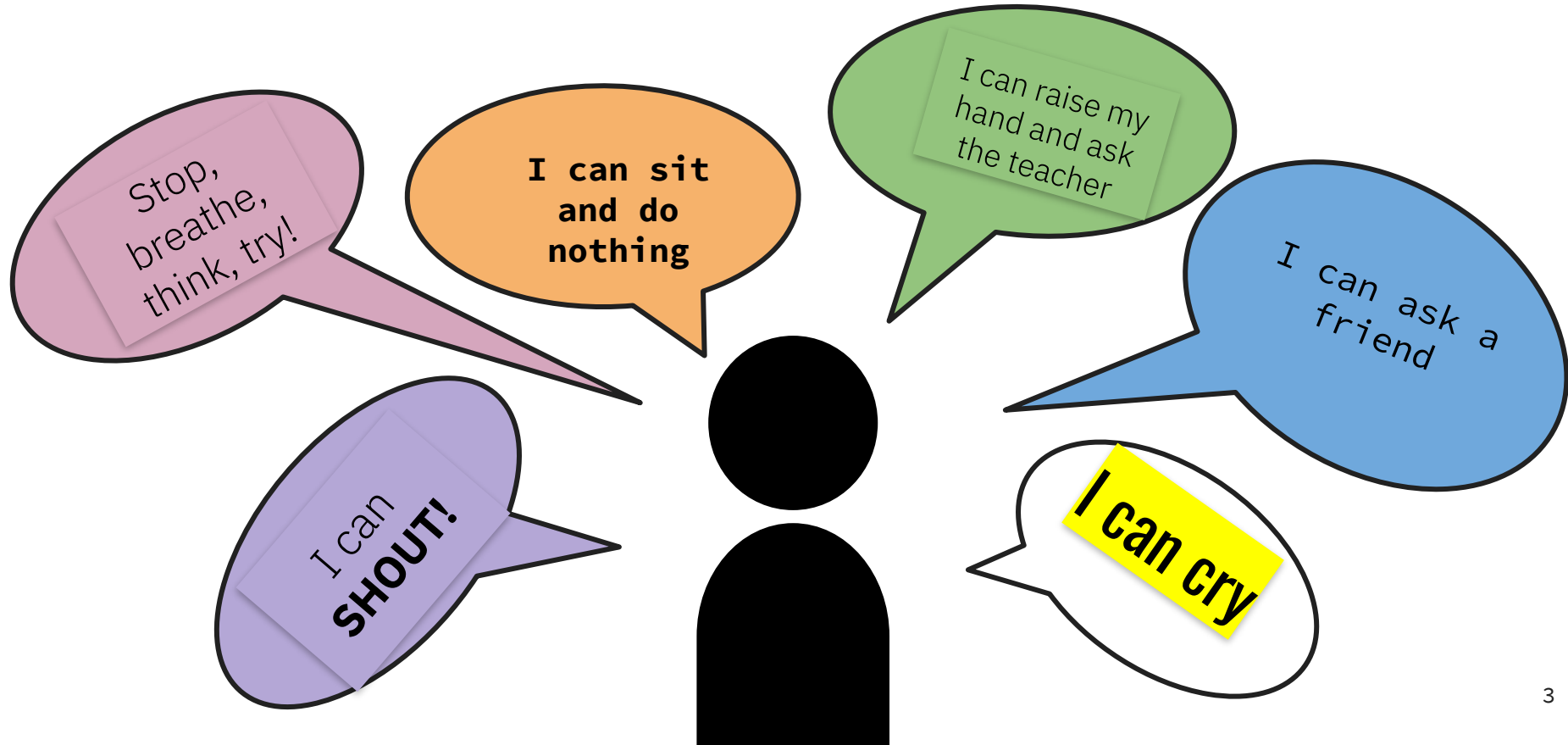
I CAN BE OKAY, EVEN WHEN I HAVE A PROBLEM

Sometimes I have a problem,

and that is okay!

I may feel angry or frustrated when I have a problem,
but I can work through it and find a solution!

HERE ARE THINGS I CAN DO WHEN I HAVE A PROBLEM:



PRACTICE WORKING THROUGH A PROBLEM

I can be okay, even If I have a problem

WORKING THROUGH A PROBLEM

WHEN I HAVE A PROBLEM, I CAN:



TIME TO PRACTICE!

I am working on a worksheet that is really hard...



WHAT IS HAPPENING?



I AM FEELING FRUSTRATED!

I am working on a worksheet that is really hard...

WHAT CAN I DO?



- 1) I CAN RAISE MY HAND AND ASK FOR HELP
- 2) I CAN SIT AND DO NOTHING
- 3) I CAN SHOUT AND CRY

I am working on a worksheet that is really hard...

WHAT WILL HAPPEN IF?



- 1) I CAN RAISE MY HAND AND ASK FOR HELP... → THE TEACHER WILL HELP ME
- 2) I CAN SIT AND DO NOTHING... → I WILL NOT GET MY WORK FINISHED
- 3) I CAN SHOUT AND CRY... → I WILL STILL FEEL FRUSTRATED

I am working on a worksheet that is really hard...

WHICH IS BETTER?



- 1) I CAN RAISE MY HAND AND ASK FOR HELP... → THE TEACHER WILL HELP ME
- 2) I CAN SIT AND DO NOTHING... → I WILL NOT GET MY WORK FINISHED
- 3) I CAN SHOUT AND CRY... → I WILL STILL FEEL FRUSTRATED

My friend is doing
something I don't
like...

WHAT IS HAPPENING?



I AM FEELING SAD!

My friend is doing
something I don't
like...

WHAT CAN I DO?



- 1) I CAN YELL AT THEM
- 2) I CAN ASK THEM NICELY TO "PLEASE STOP"
- 3) I CAN HIT THEM

My friend is doing
something I don't
like...

WHAT WILL HAPPEN IF?



- 1) I CAN YELL AT THEM... → MY FRIEND MIGHT GET ANGRY WITH ME
- 2) I CAN ASK THEM NICELY TO "PLEASE STOP"... → THEY MIGHT LISTEN AND STOP
- 3) I CAN HIT THEM... → I MIGHT GET IN TROUBLE

My friend is doing
something I don't
like...

WHICH IS BETTER?



- 1) I CAN YELL AT THEM... → MY FRIEND MIGHT GET ANGRY WITH ME
- 2) I CAN ASK THEM NICELY TO "PLEASE STOP"... → THEY MIGHT LISTEN AND STOP
- 3) I CAN HIT THEM... → I MIGHT GET IN TROUBLE

I don't have all the materials I need...

WHAT IS HAPPENING?



I AM FEELING NERVOUS!

I don't have all the materials I need...

WHAT CAN I DO?



- 1) I CAN CRY
- 2) I CAN SIT AND DO NOTHING
- 3) I CAN ASK A FRIEND NICELY TO BORROW WHAT I NEED

I don't have all the materials I need...

WHAT WILL HAPPEN IF?



- 1) I CAN CRY... → I MIGHT DISRUPT THE CLASS
- 2) I CAN SIT AND DO NOTHING... → I WON'T GET THE HELP THAT I NEED
- 3) I CAN ASK A FRIEND NICELY TO BORROW WHAT I NEED... → MY FRIEND MIGHT HELP ME

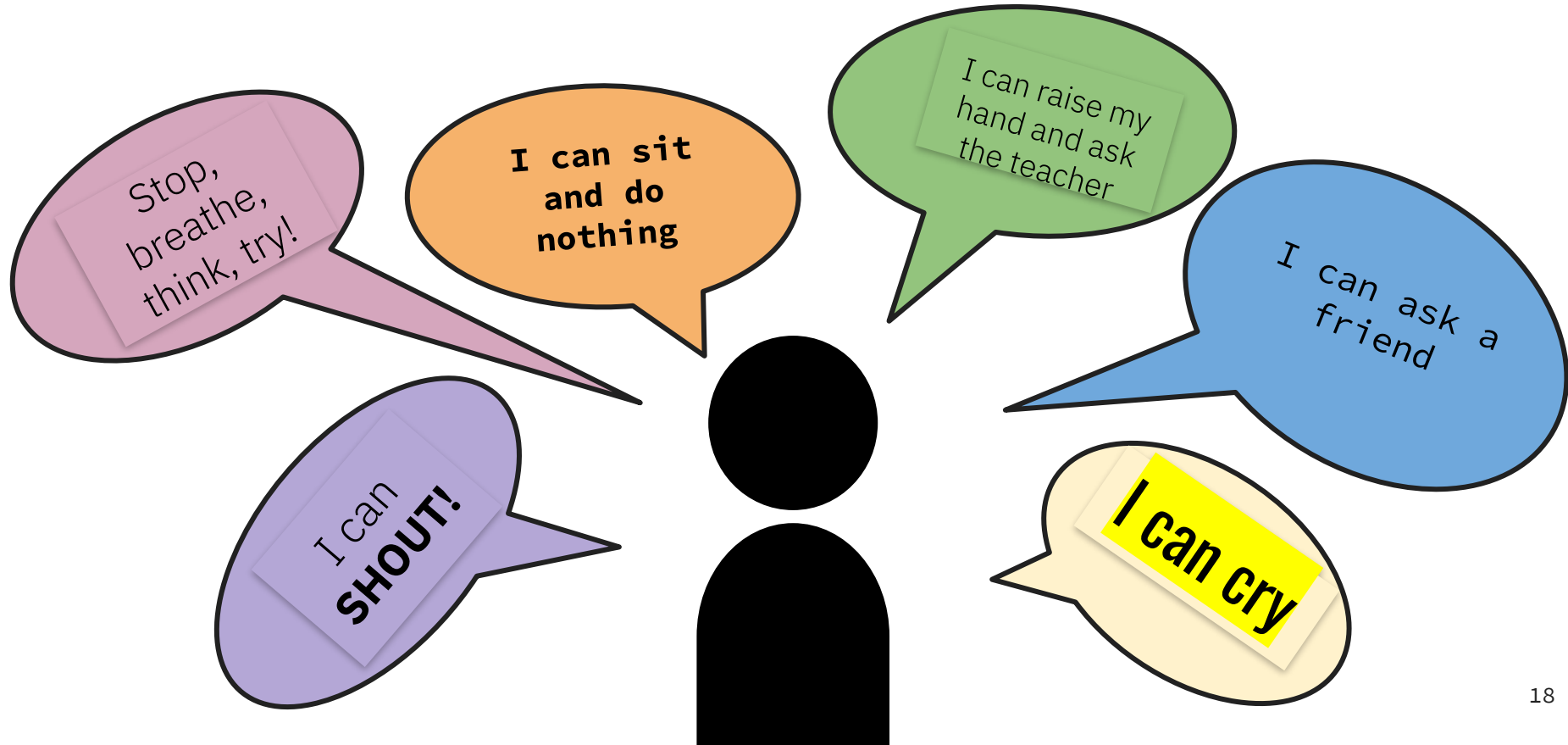
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HERE ARE THINGS I CAN DO WHEN I HAVE A PROBLEM:



HOW TO WORK THROUGH A PROBLEM

1. WHAT IS HAPPENING?

2. WHAT CAN I DO?

3. WHAT WILL HAPPEN IF?

4. WHICH IS BETTER?