

# 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!



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?



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.

