

## **SOLVE PROBLEMS**

I SOLVE PROBLEMS SO I CAN FEEL BETTER OR MAKE OTHERS FEEL BETTER ABOUT SOMETHING. WHEN I AM ANGRY, I NEED TO COOL OFF SO I CAN BECOME CALM AND SOLVE THE PROBLEM.

## **FOR EXAMPLE**

MY PARENTS SAY THAT WE CANNOT GO TO THE MOVIES. IF I REMAIN ANGRY, WE WILL NOT GO AT ALL. WHEN I AM CALM AND USE THE STEPS BELOW MY PARENTS MAY TELL ME THAT WE CAN MAKE A PLAN FOR THE MOVIE AFTER ALL.

## **I CAN USE THE FOLLOWING STEPS TO SOLVE PROBLEMS**

1. I MUST BE CALM
2. I AM READY TO TALK ABOUT IT
3. I SAY "I FELT ANGRY WHEN \_\_\_\_\_"
4. PARENTS/FRIENDS SAY, "OH, YOU FELT ANGRY BECAUSE \_\_\_\_\_"

5. PARENTS/FRIENDS SAY "I FELT \_\_\_\_\_ WHEN YOU \_\_\_\_\_"
6. I SAY "OH YOU FELT \_\_\_\_\_ WHEN I \_\_\_\_\_"
7. I SAY "NEXT TIME I WANT \_\_\_\_\_"
8. PARENTS/FRIENDS SAY "NEXT TIME I WANT \_\_\_\_\_"
9. EVERYONE SAYS WHAT THEY WANT TO PREVENT THE SITUATION NEXT TIME
10. EVERYONE FEELS BETTER ONCE THE PROBLEM HAS BEEN DISCUSSED AND SOLVED

**REMEMBER: I SOLVE PROBLEMS TO COME UP WITH GOOD SOLUTIONS, SO I CAN FEEL CALM AND DO BETTER IN THE FUTURE!**

(SOCIAL RULES FOR KIDS: THE TOP 100 SOCIAL RULES KIDS NEED TO SUCCEED, DIAMOND & GORDON, 2011)