



# I Can Solve a Problem

Print and cut the cards to use as a guide when facing a problem.

I CAN SOLVE A PROBLEM

## STEP 1

### What am I feeling?

All feelings and emotions are OK. Naming the emotions helps me get in charged again.

Are you feeling angry, sad, curious, disappointed, lost?

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## STEP 4

### Do I need help?

It is OK to ask for help.

Sometimes others can have a different idea about a problem that helps me find better solutions.

Who could help me with this problem?

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## STEP 2

### What's the problem?

Put the problem into words.  
Describe what the problem is.

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## STEP 5

### What would happen if...?

What would happen if I tried these solutions?  
Would it be safe? How would I feel? How would it make others feel? What would happen next?

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## STEP 3

### What are the solutions?

Write down all the possible solutions.  
It is ok if some of the solutions sound silly, I'm just brainstorming.  
What are some things I can do to solve this?

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## STEP 6

### Which solution will I try?

Chose one or more solutions to try.  
If it doesn't work, try a different one.