## **Problem Solving Process**

| Your Name: | Your Grade/Teacher: / | Today's Date: |
|------------|-----------------------|---------------|

## My Side of the Story

Please use this form to tell your side of the story.

|                   | Draw a picture or write out what happened: |  |  |  |
|-------------------|--|--|--|--|
|                   | Write out or draw a picture of what happen | ed: When did this happen?                      |  |  |
|                   |  |  |  |  |
| What was the      |  |  |  |  |
| Problem?          |  | Where did this happen?                         |  |  |
|                   |  | @ School / @ Home                              |  |  |
|                   |  |  |  |  |
|                   |  | Mulana / Friendalana                           |  |  |
|                   |  | My Issues / Friends Issue                      |  |  |
|                   | Circle how you feel About this situation?  | Take a moment to Breathe and ReThink!          |  |  |
|                   | A Control China                            |  |  |  |
|                   | Angry/Mad Excited/Elated Frustrated Silly  | Any Ideas why you feel this way?               |  |  |
| Check in on       | Panicked Happy                             |  |  |  |
| how you feel      | Worried Focused Proud                      |  |  |  |
| about the         | Sad Calm/Mellow                            |  |  |  |
| problem           | Tired                                      |  |  |  |
| •                 | Bored Safe<br>Comfortable                  |  |  |  |
|                   | Sick Thankful                              | SECONO Ways to Feel Color                      |  |  |
|                   | Happiness                                  |  |  |  |
|                   |  |  |  |  |
|                   | Share possible solutions a person could do |  |  |  |
| <b></b>           | (Ex: Tell the teacher / Talk to counselor) | (Ex: Teacher calls home – they get in trouble) |  |  |
| THINK of possible |  |  |  |  |
| Solutions         |  |  |  |  |
| 3014110113        |  |  |  |  |
| &                 |  |  |  |  |
|                   |  |  |  |  |
| EXPLORE the       |  |  |  |  |
| Outcomes          |  |  |  |  |
|                   |  |  |  |  |
|                   |  |  |  |  |
|                   |  |  |  |  |
|                   | Share which solution you want to try:      |  |  |  |
| Pick a Solution   |  |  |  |  |
|                   |  |  |  |  |
|                   |  |  |  |  |
|                   |  |  |  |  |
|                   | Teacher Use only                           |  |  |  |
| Documentation     | Entered in TAC? Parent Contacted?          |  |  |  |
| lit needed)       | Notes:                                     |  |  |  |
|                   |  |  |  |  |