## **Problem Solving Process**

Your Name:	Your Grade	/Teacher:	/	Today	v's Date:
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## 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	<u>When did this happen?</u>				
What was the Problem?		Where did this happen?  @ School / @ Home				
		My Issues / Friends Issue				
Check in on how you feel about the problem	Angry/Mad Frustrated Panicked Worried Sad Calm/Mellow Tired Bored Sick Thankful Happiness	Take a moment to Breathe and ReThink!  Any Ideas why you feel this way?				
	Share possible solutions a person could do					
THINK of possible Solutions	(Ex: Tell the teacher / Talk to counselor) (Ex: Teacher calls home – they get in trouble)					
& EXPLORE the Outcomes						
	Share which solution you want to try:					
Pick a Solution						
Teacher Use only						
(if needed)	Entered in TAC? Parent Contacted? Notes:					