

PROBLEM SITUATIONS

Directions:

1. Choose one “problem situation” below that would “Push Your Button” and possibly make you “FLIP YOUR LID.”
2. Then **SHOW WHAT YOU KNOW** about controlling your *buttons* so that you stay in your UPSTAIRS brain by completing the questions on page 2!!

GOOD LUCK!!!

PROBLEM SITUATION #1:

You get to class in the morning and your teacher tells the class that there is a surprise test.

PROBLEM SITUATION #2:

Your teacher makes the class stay in at recess because too many people did not do their homework. You did your homework.

PROBLEM SITUATION #3:

You were very hungry after school. When you got home, you found out that you do not like what is being served for dinner.

PROBLEM SITUATION #4:

You finally saved up enough money to buy a new video game. But your mother made you pay for a vase that got broken because she thinks you broke it. But you didn't.

PROBLEM SITUATION #5:

Your best friend lied to you.

PROBLEM SITUATION #6:

You were not invited to a classmate's birthday party but most of your classmates were.

SHOW WHAT YOU KNOW



FIRST, UNDERSTAND THE PROBLEM AND YOUR REACTION TO THE PROBLEM!

#1. What problem situation did you choose to SHOW WHAT YOU KNOW (*write the number*)? # _____

#2. Why would this situation 'push your button'? _____

#3. What emotion(s) might you be feeling in this situation? _____



NEXT STAY CALM AND GET IN YOUR UPSTAIRS BRAIN!!

#4. Which *stress strategy* (or strategies) do you think you could use in this problem situation?

#5. What are some things you could do to solve this problem situation (*try to come up with at least 2 solutions*)?

#1: _____

#2: _____

#3: _____

#4: _____

#6. Which solution would you try first (*write the number from question #5*) # _____

#7. Which solution would you try next if the first one didn't work (*write the number from question #5*) # _____

#8. If you feel like giving up, what are some things that you can do so that you stay focused on solving the problem?
