

Name: \_\_\_\_\_

# Making a Problem Solving Plan

A recess coach is a person who works at a school during recess! The recess coach makes sure that students are safe and having fun during recess. Sometimes, recess coaches help students who are having a problem. A problem might be that a student said something unkind and their feelings are hurt. One way that recess coaches help students is by making a problem solving plan with them. This plan is meant to help a student come up with ways to solve their problem.



Think about a time that you had a problem with a friend or sibling. For example, a friend might have left you out of a game during recess. Follow the steps below to make a plan that you can use next time you have a problem with a friend or sibling.

## Step 1: Describe the problem

Answers the questions in the box below.

What is the problem you want to solve?

---

---

Where and when does this problem happen?

---

---

Who does this problem happen with?

---

---

How does the problem make you feel?

---

---

Name: \_\_\_\_\_

# Making a Problem Solving Plan

## Step 2: Brainstorm ways to solve the problem

In the box below, brainstorm 3 ways you can solve the problem.

Three ways I can solve my problem.

1.

---

---

2.

---

---

3.

---

---

If you need help thinking of ways to solve the problem, look at the list below. Think about the advantages and disadvantages of each option.



- Ask for help from an adult
- Take deep breaths and walk away
- Use an “I feel” statement (this lets you tell another person how you feel. You should start the sentence with “I feel” and then explain the feeling that you have)
- Write a note to someone that explains why you are upset
- Think about the problem from someone else’s point of view
- Ignore
- Apologize
- Walk away from the situation and do a different activity, like draw a picture

## Step 3: Display your plan

Think about a place you can display your plan so you can see it next time you face this problem. For example, tape it in a notebook you have in your backpack or leave it on your desk or table at home.