

Notice and Identify the Problem

Decide something needs to be done about the problem.
Tell an adult about the problem

*Decide its a small problem.**
Go back to doing what I was doing before or move on.
*It's a small problem if it doesn't really bother me and I can ignore it.

Decide to take a break that will help me feel better so that I can work through the problem.

Decide that I need to tell someone at home about the problem

Decide I need to deal with or correct the problem.
Talk with a teacher or a friend. Make a plan.

Brain Break- deep breath, yoga

Write a note home describing the problem and a possible solution if I can think of one

Make sure all parts of problem are known.
Sometimes writing it down can help

Move-N-Groove Break- go for a walk

Identify possible solutions. Think about things that might get in the way of those solutions.

Escape to Reset so that I can Re-engage Break

Ask my teacher to write a note in the communication book so I remember to talk about the problem at home

Pick a solution. Try it out. Did it work?

If it did, AWESOME!!!
Way to go!

Back on Track

If it didn't:
Is it still a problem?
Do I need a break?
Do I need to tell someone at home?
Do I need to try a different solution?