



# Problem Solving Kit

Take Charge of Your Actions



*Lively Minds Institute*

# Getting Control

When you feel frustrated, angry, worried, or upset, how do you react? Do your reactions sometimes get you in trouble, create problems with your friends, or make learning more difficult?

Understanding what you can do in situations that cause a negative emotion helps you react in a more positive way. Use the pages in this kit to think about what causes you to have a negative emotion, what you do in response, and what you could do instead. Take a look at some problems that you've had recently and decide their size so that you can determine ways to respond that match the size of the problem. Finally, use the Frustration Check to track your responses so that you can start to develop a habit of responding in ways that are more helpful or productive.

Everyone gets upset and frustrated, but knowing how to handle those feelings without causing bigger problems for yourself will definitely help you become a stronger learner.

# Self-Control Check

**When...** (*what makes you feel a negative emotion?*)

**Then I feel...**

**I will...** (*what action will you take? What strategies will you use?*)

**This will result in...**

**How have I handled this situation in the past? What will happen when I make a different choice?**

# Stop

Think of a problem that you had recently. Ask yourself the following questions to help you fill in the chart below. Determine the problem and develop the plan to solve it.



- *What is the problem?*
- *How big is the problem on a scale from 1-10?*
- *What are two ways I could solve the problem?*
- *How am I going to fix my issue?*

*My Problem:*

*Problem Size:*

**1    2    3    4    5**  
**6    7    8    9    10**

*Possible Solutions:*

*My Decision:*

# Frustration Check

What is the biggest frustration you struggle with on a regular basis? Write it on the line below and reflect on ways you can deal with that frustration in a calm way. When you start to feel that frustration, use one of your solutions. Each time you keep your frustration in check, mark a box in the grid. How do you think this will help you?

**MY FRUSTRATION:** \_\_\_\_\_
