

Problem-Solving Log

Name: _____ Date: _____

Describe the problem in your own words. Remember, use an "I statement."

Extra Details:

Where did it happen?



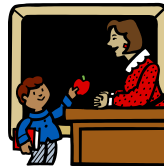
At home



On the bus



Hallway



Classroom



Playground



Cafeteria



Other _____

How did you feel?



Angry



Sad



Scared



Happy

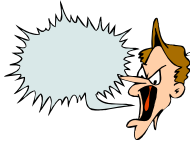
Problem-Solving Log

Name: _____ Date: _____

What did you do to solve the problem?



Hit back



Yelled



Broke something



Told an adult



Ran away



Stop and Think



Turtle
Technique



Ignored it



Lengthened
My Fuse



Brave Talk

How well did it work?



Poorly



Not So Well

Okay

Good



Great

What could you do different next time?



PROBLEM-SOLVING LOG

Name: _____

Date: _____

Describe the problem. Remember to use an "I" statement.

Give More Details!



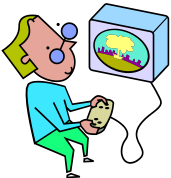
What happened?

- Somebody teased or hit me Somebody looked at me funny I did something wrong
 No one was listening to me I did not like something Somebody else started it
 Somebody took something of mine Someone to me to do something



Where were you?

- Home Classroom Hallway Cafeteria Playground Media Center Bus
 A friend's house On the way to school On the way home PE
 Other _____



Who was involved?

- Friend Parent Brother or Sister Classmate Teacher Another Adult

PROBLEM-SOLVING LOG



How did you feel?

- Really Angry A Little Angry Somewhat Angry Sad Happy
- Other _____

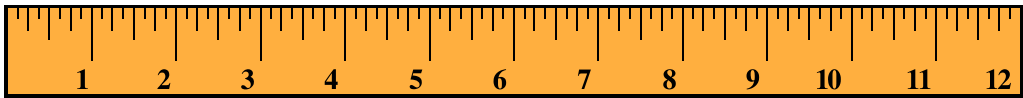


What did you do or say to help solve the problem?

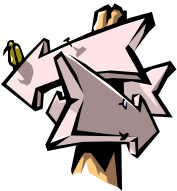
- Hit Back Broke Something Yelled Cried Ran Away
- Told a friend Told Teacher or Adult Was Restrained Ignored it
- Used Brave Talk Used Stop & Think Used Turtle Technique Lengthened My Fuse



How well did your choice(s) measure up?



Poorly Not So Well OK Good Great



What are some things you can try next time this problem happens?
