



Oops! I have a problem!

1. How does this problem make me feel? _____

2. My calming activity is _____

I will do this for _____ minutes.

3. I am calm. I can answer questions about my problem.

Where did my problem happen? _____

Who was I with when my problem happened? _____

What happened? _____

4. What can I do to solve my problem?

a. _____

b. _____

5. **I can solve my problem and go back to work! I did it!**