

GETTING BETTER ALL THE TIME

HOW TO PROBLEM SOLVE



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CHAPTER 1

PROBLEMS AND SOLUTIONS

Lara and her brother argue over which movie to watch.



They both write down their five favorite movies. They have the same movie on their lists! They decide to watch that one. They found a **solution** to their problem.



CHAPTER 2

WHAT YOU CAN DO

Problems can make you feel sad, angry, nervous, or helpless. You may feel **stress** about how to handle the problem.



The first step is to **identify** the problem. Then name your feelings. Once you know what you feel and why, you can take control of the problem.







Mika's friends go biking without her. Mika feels left out. She journals about it. She writes, "I wish my friends would **include** me. I feel sad." Then she takes a walk with her mom. They talk about Mika's feelings.

Once Mika feels better, she tells her friends how they made her feel. They say they are sorry. They promise to include her next time. Mika is happy she voiced her problem. It led to a good solution.

GET MOVING

Try moving your body when you have a problem. It can help you relax. You can think more clearly and find a solution.

