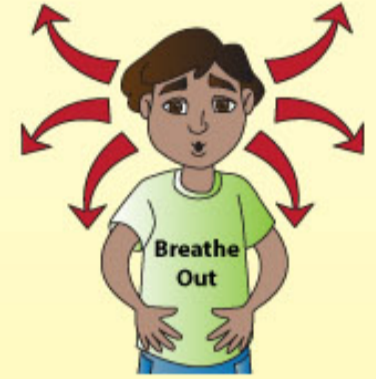


BE THE BOSS OF PROBLEM SOLVING

Breath **O**bserve **S**et a goal **S**eek solutions



1: BREATHE to calm your brain.



2: OBSERVE. What is the problem? If someone else is part of the problem, what are they doing? If the problem is only to do with you, what can you see around you that might help solve this problem?



3: SET A GOAL. How do you want this to turn out? If someone else is part of the problem, how might they want this to turn out?



4: SOLUTION SEEK. What can you try to solve this? Try it out. Did it work? If it didn't work, what else can you try?



Note to kids: Most problems have a solution. While it's good to problem solve on your own when you can, it's okay to talk through ideas with friends, family and teachers when you need extra help.