Problem solving steps

Break a big problem into workable parts

1. Name the problem in one sentence

2. List every possible solution, no judging yet

3. Pros and cons of the top 3

4. Pick one and plan the first step (what, when, where)

5. How did it go? What next?

Name _____ Date _____

Coping cards

Cut out, keep in a wallet, read when it gets hard

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

When I notice

I can remind myself

And I can do

Name _____

Date _____

L&T

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