Teen Problem Solving Steps

Cool. Define. Size. Goal. Brainstorm. Pick. Try. Review. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Define honestly

Cool + plan. Not
ignore feelings.

3. Cool the body

Rate heat 0-10. Feet,
breath, pause.

4. Define problem

One fair sentence. No
character attacks.

5. Size + goal

Size 1-5. Goal you can
influence.

6. Brainstorm

Quantity then quality.
3-5 options.

7. Pick + plan

Values-linked option +
tiny first step.

8. Try + review

Do it. Note what
helped. Repair.

9. Log and bridge

Log practice. Bridge
to neighbor tools.

Tip: Cool first. Define fair. Size + goal. Brainstorm then pick a tiny step.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Does not treat ADHD or anxiety. Prefer a safety plan in crisis.

Original layout by Lotus & Tulip, based on teen problem solving skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/problem-solving-activities-for-teens.html

My Problem Solving Plan

Cool. Define. Size. Goal. Options. Pick. Try. Review.

Name: _____ **Date:** _____

Cool move + heat before / after (0-10):

_____

_____

Define the problem (one fair sentence):

_____

_____

Size (1-5) + goal I can influence:

_____

_____

Brainstorm options (quantity then quality):

_____

_____

Pick + plan + try / review:

1. Chosen option + tiny first step: _____
2. What helped a little after I tried: _____
3. Adult I will update (or safety plan if unsafe): ____

Chosen plan + check-back time:

_____

What I will try if the first plan stalls:

_____

Original layout by Lotus & Tulip, based on teen problem solving skill practice. A practice tool, not therapy.

Problem Solving Practice Log

Seven days of cool, define, options, and tiny plans.

Name: _____ **Date:** _____

Day / date	Problem (fair)	Size / goal	Pick + try	Review / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Problem today: _____ Adult I tell: _____

Cool · Define · Size · Goal · Brainstorm · Pick · Try · Review

Cool first. Fair define. Tiny plan. Not a cure for ADHD or anxiety.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on teen problem solving skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/problem-solving-activities-for-teens.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Executive Function Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607825482 | instant digital download

See every page first: lotustulip.com/executive-function-group-curriculum.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.