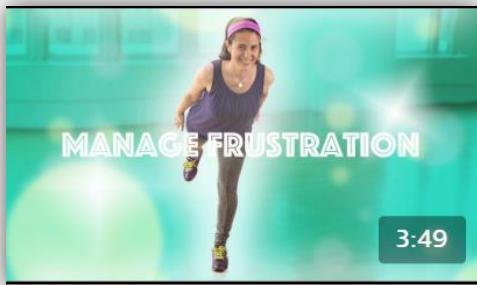


Topic: Solving Problems

Let's Breathe

Sometimes we can get frustrated when we are trying to solve a problem. It can help to take a quick break to breathe. Let's learn a way to change our frustration so we can solve any problem!



Let's Learn

Because we are all different, we often times problems that we need to solve with others to maintain our friendships. Next time you have a problem, practice these 4 steps:

1. **Stop, Think and Cool Off!**
2. **Talk it Out** (sometimes you'll need an adult to help)
3. **Evaluate** all the possible **solutions**
4. Pick a Solution **Together**

Click here for Kid President's fun tips on how to disagree while being a good friend and kind person!



Let's Move

Our best problem-solving ideas can come to us when put our bodies in motion. Let's Move It!



How about one more?
<https://family.gonoodle.com/activities/not-dog-time-machine>

Let's Grow

It can be very difficult to stop ourselves when our emotions are strong. When we don't, we can say and do things we regret.

[Click here to practice cooling down, so we can make better decisions.](#)



Sometimes it's hard to know if we (or the other person) are ready to talk it out. [Use the activity to practice.](#) To challenge yourself, write down how you know it is or isn't a good time to talk and then share your answers with a friend or adult.

Do you know what it means to compromise? Compromise is a great way to discuss and choose a solution together. [Try it out here.](#)