

Problem Solving Log

Name _____ Date _____ Week _____

1. What was the problem?

- Somebody teased me
 - Somebody took something of mine
 - Somebody told me to do something
 - Somebody was doing something I didn't like
 - Other:
 - I did something wrong
 - Somebody kicked me, hit me, poked me etc.
 - Somebody was bothering one of my friends
 - I didn't want to do what was asked
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2. Who were you having a problem with?

- Friend/classmate
 - An adult
 - Brother/Sister
 - Neighbor
 - Other
 - Parent
 - Stranger
 - Recess Duty
 - Step-parent/Guardian
 - Teacher
 - Counselor
 - Principal
 - Bus Driver
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3. Where were you when the problem happened?

- Classroom
 - Playground
 - School Bus
 - Other
 - Home
 - Hallway
 - Specialist (P.E., Art, Library, Music)
 - Friend's House
 - Another Person's House
 - Neighborhood
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4. What did you do to solve the problem?

- Hit back
 - Ran away
 - Yelled
 - Used cuss words
 - Argued
 - Other
 - Broke Something
 - Asked an adult for help
 - Told parent
 - Used sarcasm
 - Got a mediation
 - Told friend
 - Ignored other person
 - Cried
 - Talked with the person calmly
 - Used anger control
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Problem Solving Concepts Involved In This Problem

5. **Stop and Think:**

I can tell I have a problem because I feel? _____

I took 3 deep breaths: yes, or no.

6. **Problem Identification:**

The problem I am having is? _____

7. **Own Perspective: How I think or feel about the problem.**

1 FACT is: _____

My opinion is: _____

8. **Other's Perspective: What might the other person(s) be thinking or feeling about the problem?** _____

9. **Brainstorming Alternatives: What are some ways I can think of to solve this problem?**

Alternative 1. _____

Alternative 2. _____

10. **Evaluation: If I choose this alternative (behavior/action) then what will happen (consequence) ?**

If I do alternative #1 then what will happen? _____.

If I do alternative #2 then what will happen? _____.

I think I will do alternative: #1 or #2

10. **Rate how well your choice solved the problem?**

Excellent

Good

Fair

Poor