



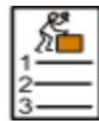
My



Problem



solving



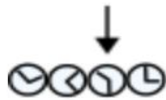
plan



At



home



sometimes



when



I



am not



happy

or



feel



angry



I can

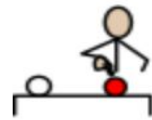


try

to



solve



this



by

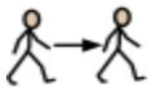


doing

1

one

of



the following:



GET



CALM



FIRST

: Wait



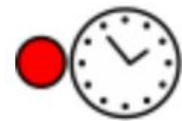
until



I



am calm



before



solving

the



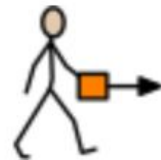
problem.



I



will



take



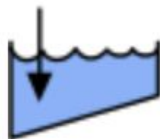
some



time to



take



deep



breathes



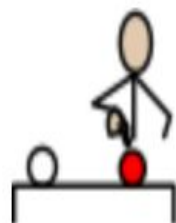
and



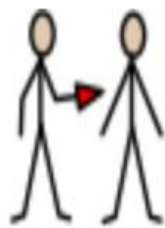
cool



off.



IGNORE **OR** **WALK** **AWAY:** This works good



when something is annoying you.

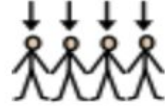


SHARE

or



TAKE TURNS:



Everyone



wins!



FIND

A



WIN



WIN



SOLUTION:



Make

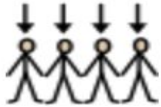
a



deal



where



everyone



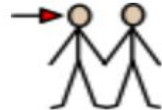
can



talk about



how



they



feel

+

and



come



up

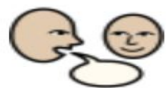


with

a



solution.



SAY



HOW



YOU



FEEL:



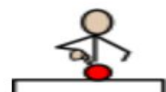
Say



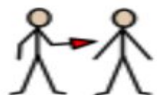
how



feel,



what



you



hope

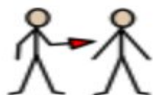
for



and



how



you



want to

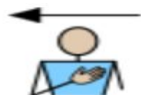
be



treated.



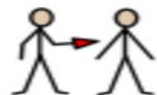
"I



felt



when



you

_____"



or

"



I



would



like

_____."



or

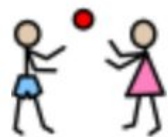


"I

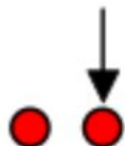


want

_____."



PLAY



ANOTHER



GAME:



Change

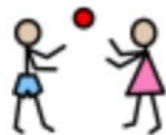
the



game



and



play



something



you



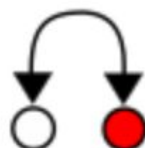
and



your



brother



or



sister



enjoy.



ASK



FOR



Get



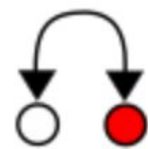
help



from



mummy



or



daddy



if

you



feel



you



have

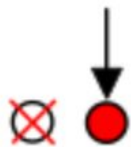


tried



any

of



the

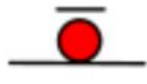
other



strategies



and



still



feel



stuck.



APOLOGISE:

Saying sorry

for a

mistake

you



make

helps

to

make

things

better

quickly.