Oops! I have a problem!

1. How does this problem make me feel? ________________________________________________________________

2. My calming activity is ________________________________________________________________

   I will do this for _____________________________ minutes.

3. I am calm. I can answer questions about my problem.
   Where did my problem happen? ______________________________________________________________
   Who was I with when my problem happened? _____________________________________________________
   What happened? _______________________________________________________________________________
   ___________________________________________________________________________________________

4. What can I do to solve my problem?
   a. ________________________________________________________________
   b. ________________________________________________________________

5. I can solve my problem and go back to work! I did it!