PATHS[®] Activity Sheet

Solving My Problem

Name		/
Date		
My problem is:		
How people feel now:		
1. I feel	 	
2 feels	 	
3 feels	 	
What could I do?		
1		
2		
3		
4		
I think the best solution is	 	
How did my solution work?		



Dear Problem Solvers:

Thank you,

Steve

My problem is that when I get really mad at something or someone, I totally lose my temper. My anger sometimes gets me in big trouble. Like the other day, this kid in my class rolled his eyes at me when I said something. It just set me off! I got so mad that I told the kid I was going to beat him up after school. He told my teacher, and she made me stay after school. Then I felt even madder and I wanted to punch something! Could you please help me solve the problem of what to do when I feel so angry?

Dear Steve,			

Sincerely, _



Dear Problem Solvers:
My problem is that someone in my class is spreading rumors that I like a girl named Chloe. We are friends, but that is all. Everyone acts like I am in love with her and they are teasing me. I feel really mad and really embarrassed. How do I keep my cool when kids tease me about her?
Sincerely,
Ethan
Dear Ethan,

Sincerely,



Dear Problem Solvers:

Yours truly,

Samantha

I have a real problem. I told a friend at school something really personal about my family. I told her it was a secret. But my friend told kids in my class. Now I feel really upset and betrayed. I feel like spreading some nasty rumors about her to everyone in my class. I know I need to calm down and deal with this, but I really need help. What should I do?

Dear Samantha,			

Sincerely, _____



Dear Problem Solvers:
My problem is that earlier today at recess, the playground teacher disciplined my friend for pushing another kid. But really my friend did not do it. He wants to tell the teacher, but he's worried the teacher will not listen. What could I say or do now to help my very frustrated friend?
Your friend,
Sarah
Dear Sarah,

Sincerely, _____



Dear	Prob	em S	olvers:

Dear Pro	blem Solvers:
kid to be pion a turn to plan ball to me.	n is that I can't play soccer as well as other kids. I'm always the last cked for a team and no one wants me to play. When I finally do get ay, the match is almost over and kids on my team don't kick the These things really hurt my feelings. I wouldn't even play soccer if didn't make me. Can you please help me solve my problem?
Sincerely,	
Tony	
Dear Tony,	

Sincerely, _____

Thank you,

Peter

PATHS Supplementary Activity



Dear Problem Solvers:

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Dear Peter,		
	6: 1	



Dear Problem Solvers:

Sincerely,

I have a problem that makes me feel weird, because I don't know any other kids who have this problem. My problem is that it is really hard for me to go to school, because I'm so worried about my mother all the time. I really like school, but I'm afraid that something bad will happen to my mother while I'm away from home. Sometimes I pretend to be sick so that I won't have to go to school. Sometimes I cry and beg my mother not to make me go to school. When I tell my mother what I feel, she says, "That's nonsense. Nothing bad is going to happen to me. I'll be just fine. Now go to school." But that doesn't help. It's really hard for me to think and pay attention at school because I feel so worried. What can I do?

Tammy	
Dear Tammy,	
	Sincerely



Dear Problem Solvers:
Sincerely,
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ear,