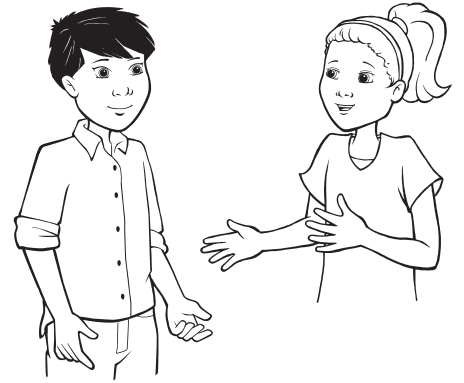


# PATHS<sup>®</sup> Activity Sheet

## 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? \_\_\_\_\_

# PATHS<sup>®</sup> Supplementary Activity



## Dear Problem Solvers:

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?

Thank you,

Steve

Dear Steve,

---

---

---

---

---

---

---

---

---

---

---

---

Sincerely, \_\_\_\_\_











# PATHS<sup>®</sup> Supplementary Activity



## Dear Problem Solvers:

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?

Sincerely,

Tammy

Dear Tammy,

---



---



---



---



---



---



---



---



---



---

Sincerely, \_\_\_\_\_



# PATHS<sup>®</sup> Supplementary Activity



**Dear Problem Solvers:**

---

---

---

---

---

---

---

Sincerely,

\_\_\_\_\_, Age \_\_\_\_\_

**Dear \_\_\_\_\_,**

---

---

---

---

---

---

---

---

---

---

Sincerely, \_\_\_\_\_