

PATHS[®] Supplementary Activity

My Problem Page

Name _____

Date _____

Color in the circles to make this page look like the Control Signals Poster. Then, answer each of the questions below. They will help you think about a problem you are having. They will help you decide what to do in the future too.

STOP

My problem:

How I feel:

Very Strong

Strong

Not Strong

How strong is my feeling? Mark a place on the thermometer.

What can I do right now to calm down?

If this happens again, what are two things I can do differently so that I will not get in trouble?

1. _____

2. _____

If I make the same mistake again, this is what I agree to do:
