



## Using your Tools to put it all together...

On the next page you will see a bar numbered 0 to 10. You can use this scale to figure out just how BIG your feelings get.

0=smallest feelings  
10=BIGGEST feelings

- Step 1: Colour the boxes 0, 1, and 2 in GREEN  
Colour the boxes 3, 4, 5, and 6 in YELLOW  
Colour the boxes 7, 8, 9, and 10 in RED
- Step 2: Think of a time when you had a worry.  
Think about how BIG the feeling got and what happened.  
You can look back at your Body Cues sheet to help you remember.
- Step 3: In the GREEN section, write down how the feeling started.  
In the YELLOW section, write down how the feeling got BIGGER.  
In the RED section, write down how the feeling got OUT OF CONTROL.
- Step 4: On the other side of the bar, write down what you could do to help yourself feel better. Think of what tools you can use when the feeling is in the GREEN ZONE, the YELLOW ZONE, and the RED ZONE.



How did the feeling get BIG and out of control?

What tools could you use?

10
9
8
7
6
5
4
3
2
1
0

How did the feeling get BIGGER?

What tools could you use?

How did the feeling start?

What tools could you use?



# To Solve a Problem you can:



## 1. Stop and Think...

- = What is the problem?
- = How do I feel about it?
- = What can I do about it?

## 2. Make a list of things you can do about the problem.

- = Which choices might make the problem bigger?
- = Which choices might make the problem smaller?

## 3. Pick one of your choices from your list and try it!

## 4. Stop and Think...

- = Did my choice work?
- = Why or why not?

If it didn't work, that's okay!  
Go back to your list of choices and try again. You can always ask an adult for help if you need it.

## Problem Solving

The problem is \_\_\_\_\_  
\_\_\_\_\_.

I feel \_\_\_\_\_  
\_\_\_\_\_.

My choices are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Stop and Think... which choices will make the problem bigger? Which choices will make the problem smaller?

To help solve my problem I will try

\_\_\_\_\_  
\_\_\_\_\_.

Did it work?

YES



NO

