

Tool Kit 1



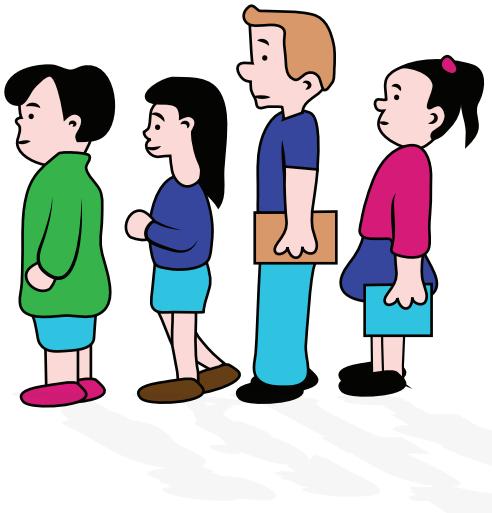
Name: _____ Date: _____

Put these problem-solving steps in order from 1-6. Start by putting a "1" by what you should do first when you are in a situation that makes you angry. Then put a "2" by what you should do second. Finish numbering the rest of the steps in the correct order.

- I calm down
- I know I'm angry
- I try a solution
- I think about how it turned out
- I think about the cause
- I think about what I could do

If you know how to solve your problems you can usually ...
(Put a √ by each answer you choose.)

- Reach your goals.
- Get what you want and need.
- Be in control of your actions.



Example: Mary was standing in line for lunch when Brian cut in front of her.

How do you think Mary felt?

Do you think there might be a problem here?

- Yes
- No

Explain why you think Mary did or did not have a problem.

Do you think you would have felt the same way Mary did?

Why or why not?

What do you think Mary did after Brian cut in front of her?

Would you have done the same thing?

How Did I Do?

Think about what you did during the *Tools for Getting Along* lesson today. Then record the number of points you think you deserve for each item below. If you get most of the points, give yourself a pat on the back!

- I listened. (0-3 points)
- I participated. (0-3 points)
- I cooperated. (0-3 points)
- I completed my Tool Kit. (0-2 points)

TOTAL _____