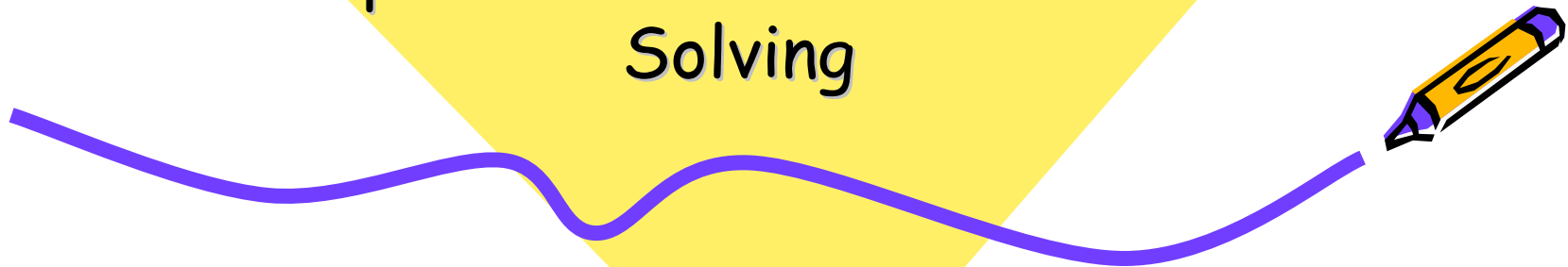




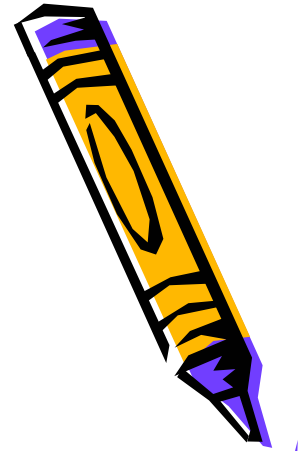
Second Step!

Impulse Control and Problem Solving



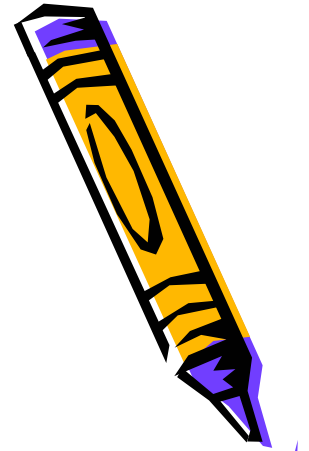
Our Objective Today:

- You will be able to calm yourself down when you have a problem and try to solve it on your own before you need an adult.



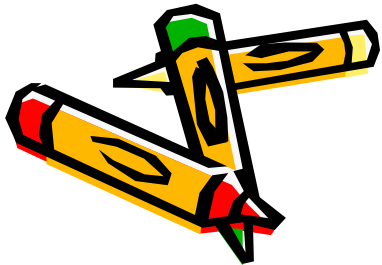
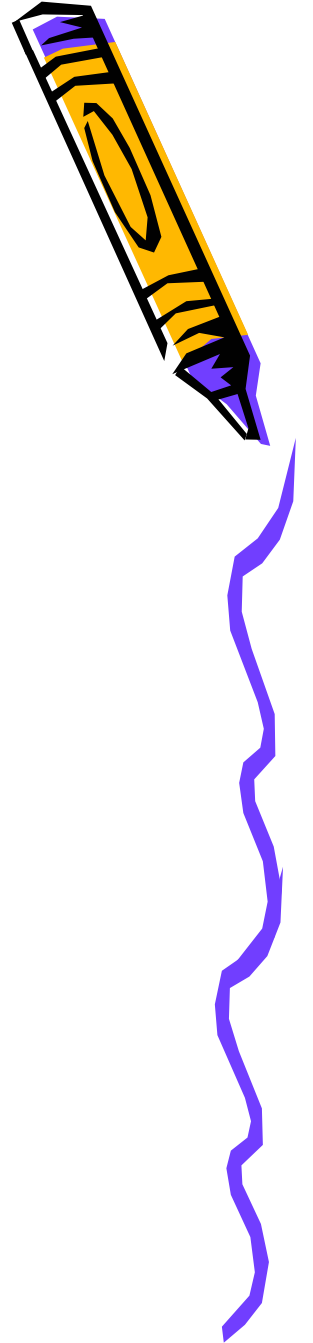
What is a problem?

- A problem is when something happens and you don't know what to do to:
 - make it better
 - fix it



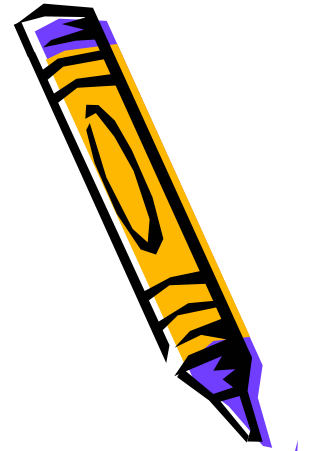
How do you feel when you have a problem?

- worried
- scared
- angry
- sad



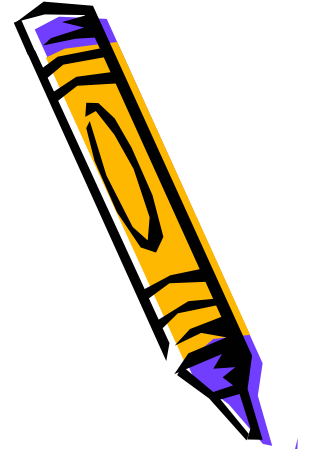
Group Skit

- Other kids won't let you play with them.
- Have you had this problem before?



What to do **first** when you have a problem:

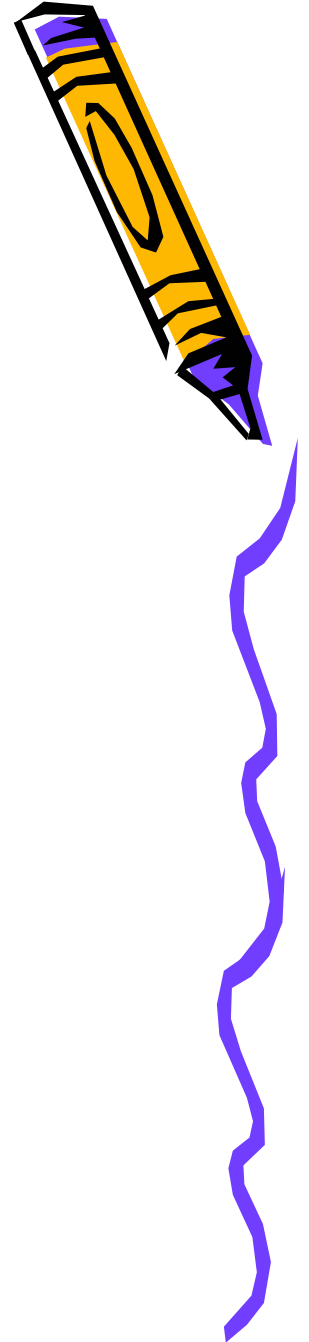
- Take some deep breaths!
- Don't do or say the first thing that pops into your head
 - Impulse control



What to do **second** when
you have a problem:

- THINK!

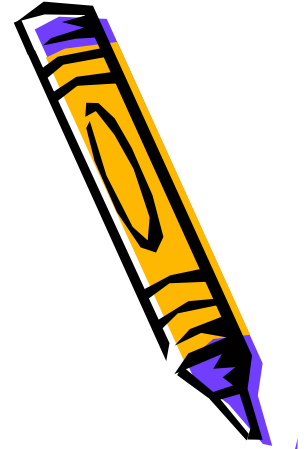
"What is my problem?"



What to do **third** when
you have a problem:

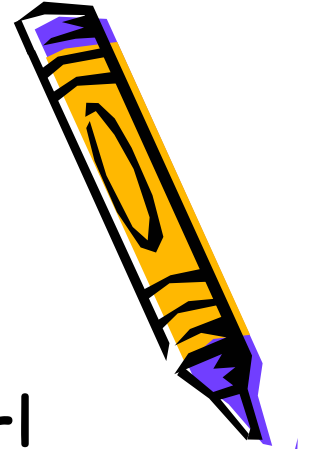
- Think of a few different solutions.

"What are some ways I can fix my
problem?"



What is the **last** thing I do
when I have a problem:

- Choose the best solution and try it!
- If that one doesn't work, try one of your other solutions!
- Always be **polite**, **respectful**, and **safe**!



What are some problems that you have had in school or at home that you want to talk about?

Let's solve them!

