SOCIAL PROBLEM SOLVING FOR TEENS

*Review these problems and discuss with your communication partner (parent/guardian/homework helper)*

1. Your teacher asks you to complete a math problem on the board in front of the whole class. You aren’t sure you understand how to do the problem. How do you feel? What can you do?
2. Two of your friends are talking and when they see you walk up they stop talking and just look at you? How do you feel? What can you do?
3. The person next to you keeps trying to get your attention in class. You are trying to listen to the teacher. How do you feel? What can you do?
4. A sibling borrows your shirt and puts a stain on it. How do you feel? What can you do?
5. You asked if you could have a friend over to spend the night. Your parent(s) said no. How do you feel? What can you do?
6. You are supposed to help with chores but you woke up with a terrible headache. How do you feel? What can you do?
7. You are taking a test and your only pencil broke. How do you feel? What can you do?
8. Your best friend shared a secret with someone else after you said to keep it a secret. How do you feel? What can you do?
9. You notice a new student sitting by himself at a table. How do you feel? What can you do?
10. You always sit with your best friend at lunch. Another friend asked you to sit with her. How do you feel? What can you do?