

# Social Problem Solving

## FREE WORKSHEETS

Name: \_\_\_\_\_

### Problem Solving Steps

When there is a problem, it is best to stop and think before you act. If you try to solve the problem instead of simply reacting to it, you can make better choices. Use these four steps to help you solve your problems.

**Step 1:** Identify what the problem is.

**Step 2:** Identify multiple ways to solve the problem that your choices really help to solve the problem without hitting someone because you want to get a turn on the computer.

**Step 3:** Think about what will happen if you choose each choice, and how you will feel about each choice.

**Step 4:** Choose the best choice.

Using the four problem solving steps, write down your problem and how you solved it.

\_\_\_\_\_

The step that I am best at is: \_\_\_\_\_

The step that is the most difficult for me is: \_\_\_\_\_

I can get better at the step that is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

### Problem Solving Strategies

When you have a problem, there are many strategies that you can use to solve it. Look at the ones listed below. Underline the strategies that you have used before, and circle the strategies that you think will be helpful to you!

Find a friend to talk to

Calmly tell the other person how you feel

Use an I-Statement

Ask an adult to help you fix the problem

Take turns

Go somewhere else

Find something else to do

Ask the other person to stop

Don't react, ignore it

Wait or take a break

Apologize for anything you did that was wrong

Which strategy will work the best for you? Why?

\_\_\_\_\_

\_\_\_\_\_

List three problem solving strategies that you can think of

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

**Think of a problem that you may experience in the future. Use the problem solving steps to solve it.**

What was the problem?

\_\_\_\_\_

What were three possible solutions to your problem?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Which solution did you choose?

\_\_\_\_\_

What happened afterward?

\_\_\_\_\_

How did you feel afterward?

\_\_\_\_\_

\_\_\_\_\_

Created by:  
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# Thank You!

Thank you so much for purchasing this product! Please remember to leave feedback, as it helps you get credit toward future purchases and helps me to continue making high quality products.

## About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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## **Objectives:**

- Students will learn a 4 step problem solving process
- Students will learn problem solving strategies
- Students will practice applying the steps and strategies to real life scenarios.

## **What's Included:**

- P. 4: "Problem Solving Steps" Worksheet
- P. 5: "Problem Solving Strategies" Worksheet
- P. 6-7: "Practicing Problem Solving" Worksheets

## **Ideas For Use:**

- These worksheets can be used as individual worksheets, or used together as a workbook.
- This resource is great for use with:
  - Social problem solving lessons or small groups
  - As a follow up to social problem solving lessons
  - With students who struggle with impulse control
  - With students who have ADHD
  - With students who struggle with effective decision making

Name: \_\_\_\_\_

# Problem Solving Steps

When there is a problem, it is best to stop and think before you act. If you try to **solve** the problem instead of simply reacting to it, you can make better choices. Use these four steps to help you solve your problems.

**Step 1:** Identify what the problem is.

**Step 2:** Identify multiple ways to solve the problem. Make sure that your choices really help to solve the problem! For example, hitting someone because you want a turn on the computer will not get you a turn on the computer.

**Step 3:** Think about what will happen after you make each choice, and how you will feel about it.

**Step 4:** Choose the best choice.

Using the four problem solving steps can help me because:

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The step that I am best at is: \_\_\_\_\_

The step that is the most difficult for me is: \_\_\_\_\_

I can get better at the step that is most difficult for me by:

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Name: \_\_\_\_\_

# Problem Solving Strategies

When you have a problem, there are many strategies that you can use to solve it. Look at the ones listed below. Underline the strategies that you have used before, and **circle** the strategies that you think will be helpful to you!

Find a compromise

Calmly tell the other person how you feel

Use an I-Statement

Move your things to another place

Ask an adult to help you fix the problem

Take turns

Try a different way

Go somewhere else

Find something else to do

Make sure you are calm

Ask the other person to stop

Don't react, ignore it

Think about the problem from the other person's point of view.

Wait or take a break

Apologize for anything you did that was wrong

Which strategy do you think will work the best for you? Why?

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Are there any other problem solving strategies that you can think of that were not on this list?

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Name: \_\_\_\_\_

**Think of a problem that you may experience in the future. Use the problem solving steps to solve it.**

What was the problem?

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What were three possible solutions to your problem?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Which solution did you choose?

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What happened afterward?

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How did you feel afterward?

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Name: \_\_\_\_\_

Use the problem solving steps to solve the following problem:

**You spent three days building a class project, and your little sister or brother messed it up.**

What is the problem?

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What are three possible solutions to your problem?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Which solution is the best?

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What will happen afterward?

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How will you feel afterward?

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# DID YOU LOVE THESE?

## GRAB MORE PROBLEM SOLVING WORKSHEETS!

These worksheets are a sample of a larger pack of 25 social problem solving worksheets. The worksheets will help students learn to solve problems instead of just reacting to them. Students will further explore and practice the problem solving steps outlined in this resource. These worksheets are a great addition to your individual, small group and classroom lessons.

Name: \_\_\_\_\_

### Considering Consequences

When we are trying to solve our problems, it is important to consider the consequences. Questions you can ask yourself are: What will happen if I make this choice? How will I feel if I make this choice? These questions can help you determine whether or not you are making a good choice. Look at the actions below, and practice considering the consequences!

If I....	then....	And I will feel...
Calmly ask my teacher for help with my work,		
Hit my friend in the stomach,		
Hang up on my mom,		
Ask my friend to give my game back,		
Run out of the classroom,		

Name: \_\_\_\_\_

### Social Problem Solving Self Reflection

Some problems I experience are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I normally try to solve my problems by:

Name: \_\_\_\_\_

### What Is Good Problem Solving?

We all experience problems every day. Someone may say something that we don't like, or we may not be allowed to do something that we were looking forward to. Each time we experience a problem, we get to choose how we respond to it. It is important that we take steps to calmly solve the problem instead of just reacting to the problem. Read the scenarios below and decide if the person is using good problem solving skills.

Name: \_\_\_\_\_

Use the problem solving steps to solve the following problem:

**Your teacher is making you stay in for recess, or stay after school to complete missing assignments. You are frustrated because you don't want to do this.**

What is the problem?

What are three possible solutions to your problem?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which solution is the best?

What will happen afterward?

How will you feel afterward?

Name: \_\_\_\_\_

### Think of a time when there was a problem and you reacted to it instead of trying to solve it.

What was the problem?

What were three possible solutions to your problem?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Which solution did you choose?

What happened afterward?

How did you feel afterward?

Naomi heard her friend asking for a drink from the vending machine.	The referee called for a foul during the game.	Raul's sister messed up his dog games. Raul moved them to where his sister didn't reach. Was Raul being a good problem solver?	Someone stands in front of Nick's locker every day, so Nick asked the person to move. Was Nick being a good problem solver?
<b>Yes No</b>	<b>Yes No</b>	<b>Yes No</b>	<b>Yes No</b>
Ava's mom said she couldn't have a laptop, so she armed off to her room and slammed the door. Was Ava being a good problem solver?	Jack's Friends weren't playing by the rules, so Jack started yelling at them. Was Jack being a good problem solver?	Oliver didn't want to go to the grocery store, so he started yelling his mom. Was Oliver being a good problem solver?	Noah's friend took his headphones without asking, so Noah calmly asked for them back. Was Noah being a good problem solver?
<b>Yes No</b>	<b>Yes No</b>	<b>Yes No</b>	<b>Yes No</b>

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