

Problem-Solving Steps

1. How do I feel?



2. What is the problem?



3. What can I do?



Ways to Calm Down

Check in.



Hand on tummy.

Say
"Calm down."



Calm
down . . .

Take deep
breaths.



Count out loud.



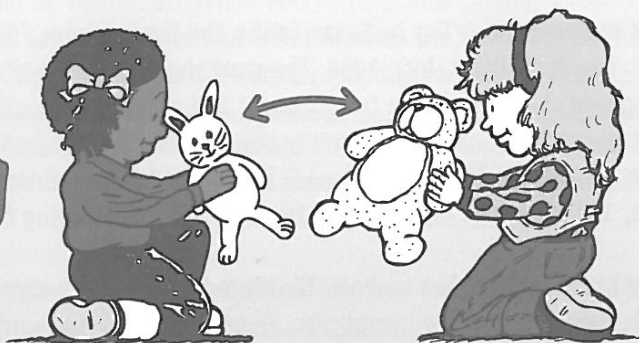
1 . . . 2 . . .
3 . . . 4 . . .

Fair Ways to Play

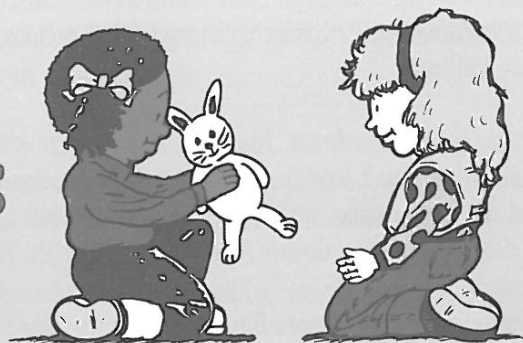
Sharing



Trading



Taking turns



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Second Step
A Family Prevention Council Program