

# RESOURCE BUNDLE

## Problem-Solving

— Kindergarten - 5th Grade —



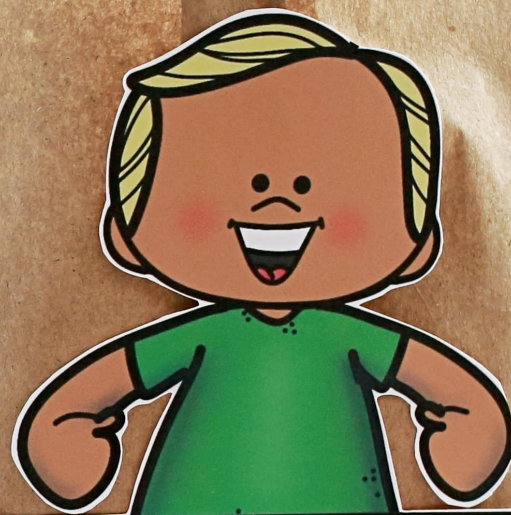
# THIS BUNDLE INCLUDES

# 10 Resources

- Size of the Problem & I-Messages Lesson & Lap Book
- Snowman Apologies Lesson
- I-Messages Pizzas Lesson
- I-Messages Trains Lesson
- Small Problems & Big Problems Lesson
- Problem-Solving & Conflict Resolution Board Game
- "The Buddy Bear" Conflict Resolution & I-Messages Lesson
- Problem-Solving Pirates Lesson
- Problem-Solving Match Game
- Digital I-Messages Lesson

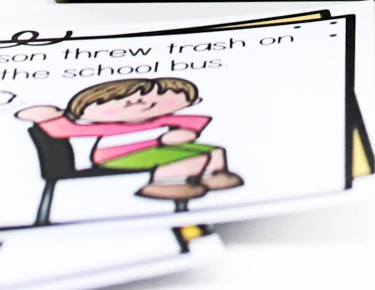
**classroom, group,  
& individuals**

# SIZE OF THE PROBLEM & I-MESSAGES LESSON & LAP BOOK



**SMALL**  
Problem

**BIG**  
Problem



# SIZE OF THE PROBLEM & I-MESSAGES LESSON & LAP BOOK




I felt...

 <p>sad</p>	 <p>mad</p>		 <p>embarrassed</p>	 <p>frustrated</p>
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when you...

 <p>wouldn't let me play.</p>	 <p>yelled at me.</p>	 <p>called me names.</p>	 <p>used unkind words.</p>	 <p>wouldn't help me.</p>
	 <p>made a mess.</p>		 <p>distracted me.</p>	 <p>wouldn't play fair.</p>

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 <p>teased me.</p>	 <p>left me out.</p>			 <p>invaded my personal space.</p>
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## Can you please...?

				
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# SIZE OF THE PROBLEM & I-MESSAGES LESSON & LAP BOOK



## BIG PROBLEMS



Are scary, unsafe, and dangerous.

Make us feel angry, scared, and hurt.

Must be reported to a grown-up.

Examples of big problems:

## How to use an I-MESSAGE

### STEP 1: Explain how you feel.

I felt...







Mad Sad Frustrated Embarrassed

### STEP 2: Describe what happened.

when...



you wouldn't let me slide.



you wouldn't listen to me.

### STEP 3: Share what would help you feel better.

Can you please?



let me have a turn?



listen to me?




Timothy said you can't sit with him on the bus.



Maria fell off the monkey bars and her knee is bleeding.



## SMALL PROBLEMS



Are no big deal!

Happen often.

Make us feel sad, mad, and frustrated.

Examples of small problems:

Clara ignored KeMariah.

Josiah wouldn't take turns on the slide.


Adam wouldn't help clean up the toys.

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## SMALL Problem OR BIG Problem?

SMALL Problems

Carlos played too rough at recess.



BIG Problems



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# SNOWMAN APOLOGIES

**STEP 1:**  
Say what you did wrong.  
"I'm sorry that I..."

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**SNOWMAN APOLOGY**

**STEP 2:**  
Share why your choice was hurtful.  
"I see that I..."

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**SNOWMAN APOLOGY**

**STEP 3:**  
Share what you'll do differently next time.  
"Next time I'll..."

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**SNOWMAN APOLOGY**



**STEP 3:**  
"Next time I'll..."

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**STEP 3:**  
Share what you'll do differently next time.  
"Next time I'll..."

**STEP 2:**  
Share why your choice was hurtful.  
"I see that I..."

**STEP 1:**  
Say what you did wrong.  
"I'm sorry that I..."

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**SNOWMAN AP**

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**STEP 2:**  
"I see that I made you feel..."

**STEP 1:**  
"I'm sorry that I..."

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# SNOWMAN APOLOGIES

**STEP 3:**  
"Next time I'll..."



**STEP 2:**  
"I see that I made  
you feel..."



**STEP 1:**  
"I'm sorry that I..."



**STEP 3:**  
Share what you'll  
do differently next  
time.  
"Next time I'll..."

**STEP 2:**  
Share why your  
choice was hurtful.  
"I see that I..."

**STEP 1:**  
Say what you did  
wrong.  
"I'm sorry that I..."

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## SNOWMAN APO



# I-MESSAGES PIZZAS



## I-MESSAGES PIZZAS

- 1 Explain how you feel.**  
I felt I felt
- 2 Describe what happened.**  
when when
- 3 Share what would help you feel better.**  
 Share what would help you feel better.

## STEP 1: SHARE HOW YOU FEEL

The first step to making a pizza is kneading and rolling the dough. The first step to using an I-Message is sharing how we feel.

I felt I felt

## STEP 1: EXPLAIN HOW YOU FEEL

I felt sad I felt sad





# I-MESSAGES TRAINS LESSON



## I-MESSAGES TRAINS

Solve the small problem below using an I-Message

Harvey kept climbing up the slide.



**Explain how you feel.**

I felt \_\_\_\_\_

**Describe what happened.**

when \_\_\_\_\_

## All Aboard The I-MESSAGES TRAIN!

**Step 1- Explain how you feel!**



**Step 2- Describe what happened!**



**Step 3- Share what you need!**



Name \_\_\_\_\_

## I-MESSAGES PRACTICE

Write an I-Message to help you solve these small problems



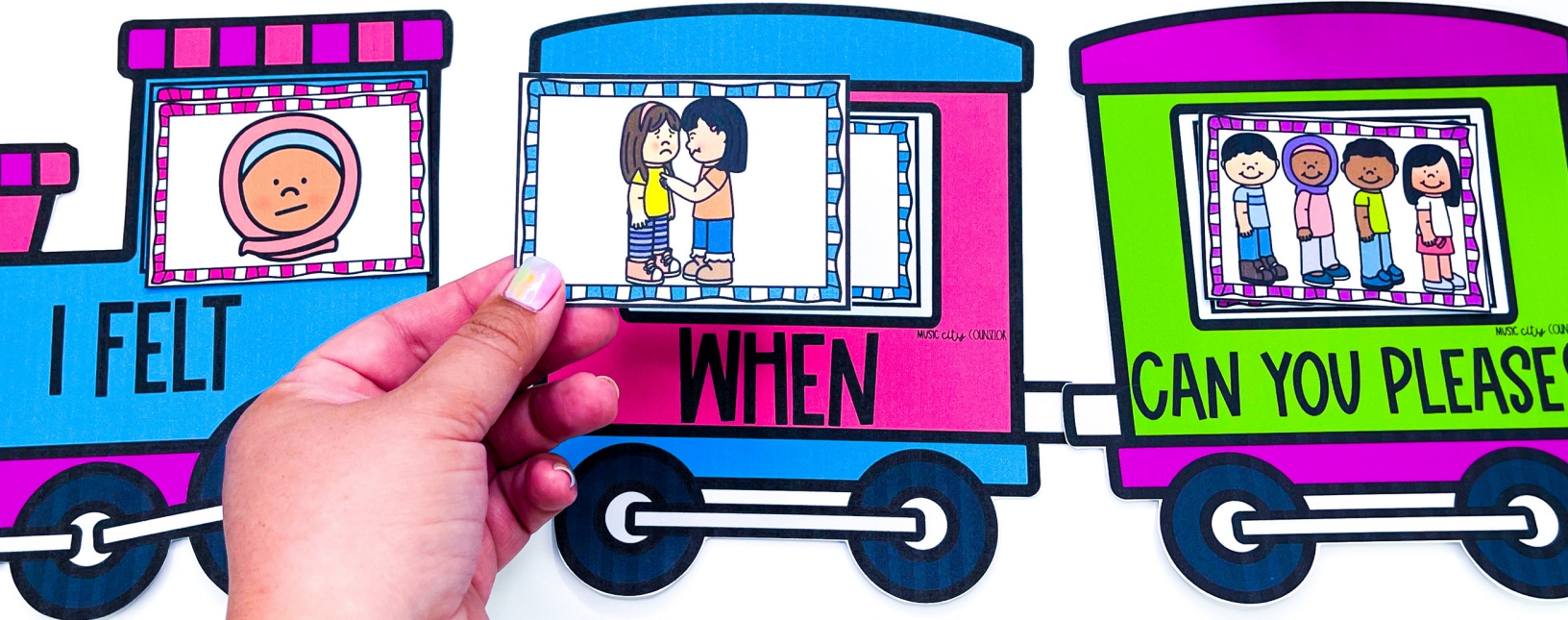
I felt \_\_\_\_\_ when \_\_\_\_\_

please \_\_\_\_\_ Can you \_\_\_\_\_

To practice using I-Messages, we can ride the I-Messages Train! It has 3 train cars that teach us the 3 steps to using an I-Message.



# I-MESSAGES TRAINS LESSON



# SMALL PROBLEMS & PROBLEMS LESSON

## SMALL PROBLEMS



Can bug and frustrate us.



Happen often, but are no big deal.



We can solve ourselves!

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## BIG PROBLEMS



Can be scary.



Can be dangerous.



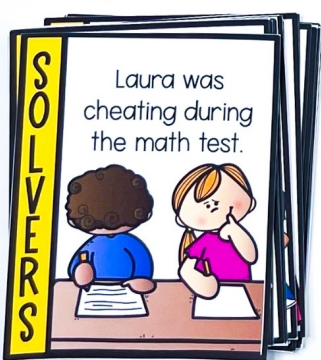
Need a grown-up's help and support.

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# SMALL PROBLEMS & PROBLEMS LESSON



# PROBLEM-SOLVING BOARD GAME

# "THE BUDDY BEAR" CONFLICT RESOLUTION



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Raquel grabbed the Buddy Bear and asked Cassie if she could talk.

I felt frustrated when you ignored me. Can you please listen to me next time?

I'm sorry, thanks for telling me. Can you please read your story again?

Let's use an **I-MESSAGE** to solve our problem!

- 1) Share how you feel. "I felt..."
- 2) Tell them what happened. "When..."
- 3) Share what would help you feel better. "Can you...?"

Kenny scribbled all over your work.

Cho wouldn't share the dough.

Chloe wouldn't eat lunch with you.

Lauren took too long at the water fountain.

I am a peaceful problem-solver when I...  
 used an I Message to solve a problem with my partner. She wasn't sharing the glue and markers.

# PROBLEM-SOLVING PIRATES LESSON



The good news is, we can solve small problems ourselves with the help of the **PROBLEM-SOLVING PIRATES!**

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

## Let's **PROBLEM-SOLVE!**

**Step 1: Identify the problem.**

\_\_\_\_\_

**Step 2: Brainstorm solutions.**

\_\_\_\_\_

**Step 3: Which solution is best?**

\_\_\_\_\_

**Step 4: Choose your solution.**

\_\_\_\_\_

**Step 5: Solve your problem!**

\_\_\_\_\_

You lost your shoe and the bus is about to come.

You are late for school.

You are feeling nervous about a big test.

Your room is so messy.

**STEP 1:** Identify the problem.

**STEP 2:** Brainstorm solutions.

**STEP 3:** Which solution is best?

**STEP 4:** Choose your solution.

**STEP 5:** Solve your problem!

# PROBLEM-SOLVING MATCHING GAME



**PROBLEM-SOLVING**  
Matching Game  
! → ? →

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You can water your flower.

**PROBLEM-SOLVING**  
Matching Game  
! → ? →

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You can ask for help with directions.

You got lost in the new school building.

**PROBLEM-SOLVING**  
Matching Game  
! → ? →

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Your flower is wilting.

**PROBLEM-SOLVING**  
Matching Game  
? →

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Ask other friends to play.

**PROBLEM-SOLVING**  
Matching Game  
! → ? →

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Your classmates left you out.

**EM-**  
**ING**  
Game



# DIGITAL I-MESSAGES LESSON



**STEP 3: SHARE WHAT YOU NEED.**

use a quiet voice?

ask for a turn?

include me?

use kind words?

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