Positive Problem Solving

**STEP 1:** Choose a problem from the choices below and circle it.

<table>
<thead>
<tr>
<th>PROBLEM 1</th>
<th>PROBLEM 2</th>
<th>PROBLEM 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>You failed a math test.</td>
<td>You didn’t clean your room, so you can’t go outside and play.</td>
<td>You got into a fight with your friend and called him/her a loser.</td>
</tr>
<tr>
<td>PROBLEM 4</td>
<td>PROBLEM 5</td>
<td>PROBLEM 6</td>
</tr>
<tr>
<td>Your dad has the flu and can’t take you to the movies.</td>
<td>You didn’t get invited to a classmate’s birthday party.</td>
<td>You get a gift from your aunt that you don’t like.</td>
</tr>
</tbody>
</table>

**STEP 2:** Is this a Rock Problem or an Activity Dough Problem? (circle what you think).

- **Rock Problem**
  - You cannot change this. You have NO control.

- **Activity Dough Problem**
  - You may be able to change this. You have some control.

**STEP 3:** What positive thought could you use to help look on the bright side of this problem?

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