May 5, 2020

Hi Kalfas Friends!

How has your week been going? I have been having some problems at home. Do you remember the way to solve a problem? I had to remind myself of the **4 steps**:

1. Ask yourself, what is the problem?

2. Think of different choices.

3. Think about the consequences and feelings for each choice.

4. Make the best choice.

Here are the problems I have been having. How would I solve these problems?

**Problem #1**: I was trying to work on my schoolwork and my little sister kept annoying me?

What should I do? **A**. Hop around like a frog. **B**. Yell at my sister. **C**. Tell Mom.

**D**. Politely ask my sister to please stop.

**Problem #2**: My brother and I wanted to play the same video game. What should I do?

**A**. Both pull at the controller. **B**. Share. **C**. Dance like a giraffe. **D**. Take turns.

**Problem #3**: I woke up in a bad mood. What should I do? **A**. Stay in bed the rest of the day. (Consequence, I would be very hungry!) **B**. Stop and think. **C**. Talk to my mom about my feelings. **D**. Do something I like to do (ride my bike).

Remember, if we are not sure what to do, **Stop and Think**. We can always ask a grown up for help.

Have a great week! Be kind!

- Miss. Brick



