

Social Problem Solving

You love playing basketball. You ask your friend if she wants to play basketball on Saturday, and she tells you that she doesn't like playing sports. You ask her four more times, and finally she agrees. When you play, your friend keeps taking breaks and missing the ball because she's looking around at other things.

What is the problem in this scenario?

- a) You are playing basketball
- b) Your friend isn't involved in the game
- c) You're playing on a Saturday
- d) Your friend isn't good at basketball

Circle the *most likely* causes of the problem

- a) Your friend is tired
- b) Your friend is bored
- c) It's too hot to play basketball
- d) Your friend think you're cheating
- e) Your friend wants to do something else
- f) The sun is in your friend's eyes
- g) Your friend is mad that you are winning the game

How might you feel if this happened?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Exhausted
- b) Irritated
- c) Scared
- d) Sorry
- e) Bored
- f) Joyful

What might happen if you tried these solutions? What are the pros and cons of each?

- a) You yell at your friend for being a poor sport
- b) You ask if she wants to do something else
- c) You tell her to just sit down and you'll play by yourself
- d) You tell her to go home and call another friend
- e) You try to make the game more fun by making up new games with the basketball and hoop

Your sister gets a trendy new sweater and you think it looks silly. You tell her that you like it, but later your sister overhears you giggling about how it looks with your friend.

What is the problem in this scenario?

- a) Your sister heard you laughing about her new clothes
- b) Your sister buys silly things
- c) Your sister shops too much
- d) You giggle too loudly

How could you try to avoid this problem in the future? Which solutions would probably work?

- a) Tell your sister her clothes are silly before she buys them
- b) Don't laugh at other people
- c) Give your sister your allowance so she can buy nicer clothes
- d) Give an honest opinion in a kind way
- e) Don't talk behind other people's backs
- f) Get a sewing kit and try to change your sister's sweater so that it looks better

How do you think your sister feels?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Angry
- b) Embarrassed
- c) Bored
- d) Disappointed
- e) Silly
- f) Sick

What could you say to your sister?

- a) I'm sorry I was laughing. I'll be honest with you next time.
- b) Why are you so sensitive!
- c) Can you help me with my homework now?
- d) Don't worry, I laugh at everyone's sweaters

Social Problem Solving

Your friend keeps poking you in the arm while the teacher is talking, whispering "Hey, look at this!". You don't want to disrupt the class, so you ignore your friend and do your work. After class, your friend looks angry and doesn't talk to you.

What is the problem in this scenario?

- a) Your friend is angry about something
- b) Class is over
- c) Your teacher doesn't allow talking during class
- d) The class was too long

Circle the *most likely* causes of the problem

- a) Your friend thinks you were ignoring him
- b) Your friend has a stomachache
- c) Going to class makes your friend angry
- d) Your friend was playing Angry Birds
- e) Your friend wasn't being mindful of the rules and other people
- f) You forgot your friend's birthday
- g) Your friend wanted you to pay attention to him, even though you were doing the right thing by following rules

How might you feel if this happened?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Mad
- b) Proud
- c) Hurt
- d) Frustrated
- e) Annoyed
- f) Confused

Which of these would be good solutions in this situation?

- a) Never speak to your friend again
- b) Yell at your friend for breaking the rules
- c) Ask your friend what's wrong
- d) Ignore your friend
- e) Explain to your friend that you are interested in what he wants to show you, but were paying attention in class

Your grandma makes you a sweater for your birthday. It's very itchy and you don't like the design on the front. Your mom asks you to put the sweater on before your grandma comes over.

What is the problem in this scenario?

- a) Your grandma visits during cold weather
- b) You don't like the sweater your mom wants you to wear
- c) Your mom is speaking too loudly
- d) Your grandma knits too much

How could you try to deal with this problem? Which solutions would probably work?

- a) Wear a comfortable shirt that doesn't itch underneath the sweater
- b) Hide the sweater
- c) Wear the sweater for a little while and then put on pajamas
- d) Say the sweater got lost
- e) Draw a design that you like on the front of the sweater
- f) Tie the sweater around your waist

How do you think your grandma will feel?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Pleased
- b) Proud
- c) Happy
- d) Disappointed
- e) Annoyed
- f) Sad

What could you do next?

- a) Thank your grandma for the sweater
- b) Tell your grandma you don't like itchy sweaters
- c) Buy your grandma a book on how to knit soft sweaters
- d) Don't mention the sweater

Social Problem Solving

You are reading a book when you notice your dog come into the room. He sniffs your brother's backpack, and then you see your dog stick his head deep into the backpack and move around. After a few minutes, your dog leaves. Later, your brother comes back into the room and looks inside his backpack. Suddenly he looks at you angrily and says "Hey! You ate the cookies I brought home!"

What is the problem in this scenario?

- a) Your dog drooled on the backpack
- b) Your brother doesn't realize he's being loud
- c) The book you are reading is difficult to understand
- d) Your brother is angry with you

Circle the *most likely* causes of the problem

- a) Your brother thinks you ate his cookies
- b) Your brother is pretending he thinks you ate his cookies
- c) Your brother thinks the dog ate his cookies
- d) The dog ate the cookies, but your brother didn't see this
- e) Your brother makes up reasons to be rude
- f) Your brother doesn't like you reading near his things
- g) Your brother left his backpack unzipped in a place where the dog could reach it

How might you feel if this happened?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Confused
- b) Angry
- c) Hurt
- d) Proud
- e) Joyful
- f) Annoyed

Which of these would be good solutions in this situation?

- a) Scream at your brother to stop being so rude
- b) Ignore your brother
- c) Tell your brother about the dog eating his cookies
- d) Politely ask your brother to calm down and listen
- e) Tell your brother you didn't eat the cookies, so he must have left them at school

You are so angry when a friend accidentally drops and breaks your new game, that later you make fun of her and call her a klutz when you are talking to some other classmates. Your friend overhears you and you see her walk quickly out of the room with her head down.

What is the problem in this scenario?

- a) Your friend is clumsy
- b) You hurt your friend's feelings
- c) Your classmates didn't get you a new game
- d) Your friend is too sensitive

How could you try to avoid this problem in the future? Which solutions would probably work?

- a) Tell your friend she's a klutz as soon as she drops something
- b) Don't buy games
- c) Take some time to cool down when you feel angry
- d) Don't ever let people hold your things
- e) Explain to your friend how upset you are when she breaks your game, instead of gossiping to other people
- f) Talk really quietly so your friend won't know you're making fun of her

How might you feel in this situation?

(There is no one correct answer, different people will feel different ways and may feel more than one thing - but some are more likely than others!)

- a) Sad
- b) Regretful
- c) Embarrassed
- d) Silly
- e) Sick
- f) Worried

What could you do next?

- a) Find a different friend who doesn't drop things
- b) Keep talking to your classmates
- c) Go buy a new game
- d) Go find your friend and talk to her