

What I Could Have Done Differently –

Page 2 explains the rationale for this simple worksheet.

Page 3 is the worksheet itself.



Name _____

When I was upset,
it did not go well.

Here is what I should have
done instead.

I did this...

I should have done this...

...and I said this.

...and I should
have said this.

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Here is a very simple, generic,
problem-solving worksheet.

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Many children
can work on a
problem better if
they are asked to
write a few
words about it
and draw a
picture to go
with it.

When I was upset,
it did not go well.

I kicked
the
mean
kid.

I did this...



This
helps the
adult to
stay
quiet for
a while
and
allows
the child
to think.

Some children
don't like to
draw with this
worksheet.

That's fine.
Just have them
write the words.

Name _____

Here is what I should have
done instead.

Walk
away.



I should have done this...

Tell Ms. Jones.

...and I should
have said this.

...and I should
have said this.

I need a
break please.

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