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**P R O B** L EM SOL**VING 11**

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PATHS **Supplementary Activit**y D

.

Dear Problem Solvers:

My problem is that when I get really mad at something or someone, I totally **lose my temper. My anger sometimes gets m**e in big trouble. Like the other day, this kid in my class rolled his eyes at me when I said something. It just set me off! I got so mad that I told the k**id I was going to beat him up after school.** He told my teacher, and she made me stay after school. Then I felt even madder and I wanted to punch something! Could you please help me solve the problem of what to do when I feel so angry?

Thank you,

Steve

**Dear Steve,**

Sincerely,

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**PROBLEM SOLVING**

PROBLEM SOLVINO

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PATHS **Activity Sheet** Solving My Problem

Name

**Date**

My problem is:

How people feel now:

**1.I feel**

-

feels -

1

3. \_\_\_

**feels**

www

What could I do?

I think the best solution is

**How did my solution work?**

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