

“Got a Problem? Talk it Out!”

Classroom Guidance Lesson

- Introduction
 - Remind students who you are
 - Ask them who likes having friends (they all raise their hands)
 - Say that they are going to learn how to solve different kinds of problems with friends
- Hand out worksheets so everyone can refer to them during the lesson
- Show them the “Got a Problem” poster – hang it up somewhere visible
 - Explain that there are three types of problems: easy, medium, and hard
 - You have to go through each of the three steps and stop whenever the problem is solved
 - “I’m sorry!” - easy
 - “I’ll help fix it!” - medium
 - “We need a grown-up’s help.” – hard
- Ask them for examples of problems they might have and work through the steps on the poster – focus on getting them to decide the level of the problem (knowing to go to the next step when necessary and to stop when the problem is resolved)
- Role play problems of different levels – ask for volunteers!
 - Focus on making sure they explain how they are feeling to the other person and specifying what caused the feelings to occur
 - Accidents vs. “on purpose”
- Explain the difference between “tattling” and “telling” in relation to the types of problems – “tattling” is for easy and medium problems you can solve yourself; “telling” is for hard problems that need an adult
 - Make sure they know it is acceptable (and sometimes necessary) to tell an adult (i.e. if you’re hurt) – but to try and work things out themselves first
- Explain “feeling words” (i.e. happy, sad, angry, frustrated, annoyed, etc.) if they seem to only use words like “bad”
- Ask who thinks they can “talk it out” – have everyone sign the poster as a classroom agreement to work together on solving problems
- Review – remind them of all they have learned!
 - Three types of problems
 - “Talk it Out” strategies
 - Tattling vs. Telling

(Poster Design)

Got a Problem?

TALK IT OUT!

Person 1: "It makes me feel _____ when you _____."

LOOK AND LISTEN!

Person 2: "So you're saying you feel _____ when I _____?"

Easy Problem: "I'm sorry!"

Medium Problem: "I'll help fix it!"

Hard Problem: "We need a grown-up's help."

TALK IT OUT!

"Still friends?" "Still friends!" Have fun!