

Health Notes:

Positive Problem Solving

Name _____

Date _____

Period _____

One way to remember the step for positive problem solving is to use the POWER method. Each letter stands for one of the five steps!

P: _____

- What is _____?
- What led up to it?

O: _____

- What do you _____ to have happen?
- How can you get it?
- Make sure it's _____, _____, etc...

W: _____

- Pick two or three _____.
- List the _____ and _____ of each.
- Pick one!

E: _____

- What _____ should be taken?

R: _____

- Is the problem _____?
- What could I have done _____?

7. Your solution should always answer yes to these questions:

- Does it follow _____ / _____ values?
- Is it _____ & healthy?
- Is it legal, does it follow _____?
- Does it show _____ for myself & others?
- Does it solve the problem or get the outcome I want?

8. Remember:

You can always ask an adult for advice!