

SEL WORKSHEETS - DECISION MAKING

Solving Social **PROBLEMS**

grades 3-5

Quick, Easy, Bite-Size Worksheets

5 worksheets that break the topic up so students learn about one part at a time.



Each worksheet has an intro, a reflection question, and a brief exercise



Ready-to-print PDF or
Fill-in Google Slides

What's Covered

Being a problem solver
Identifying the problem
Brainstorming solutions
Picking/testing a solution
Reflection

PROBLEM SOLVING

Finally, pick a solution that you think will work best for you and others. Test it out and spend time thinking about how it worked for you.

Choose the best solution and watch for how it works.

Look at all your possible solutions and the pros and cons of each. Pick the one that you think solves your problem best. Don't forget to make sure you will feel good about the solution.



Whatever solution you picked, take the time to think about how it worked for you. Did it solve the problem? Do you feel better? Are others happy with the solution?

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Test out the solution that you picked. You can always go back to other solutions if this one does not work.



Each Worksheet

FRONT

BACK

PROBLEM SOLVING

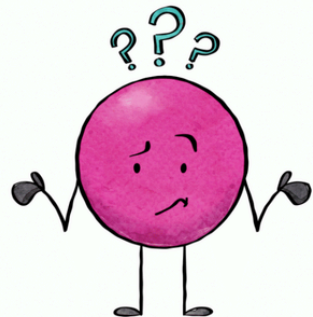
When you have a problem, you have to understand the problem? What happened? Where did this happen? Who was involved? You can solve a problem you have to understand it.

intro to topic

DAY 2

Before you can solve a problem, you have to understand it.

Define the problem by answering some questions for yourself. What happened? Where did this happen? Who was involved?



An important part of understanding a problem is understanding how you feel about it. Are you angry, frustrated, sad? Make sure you are in charge of those feelings before you try to solve your problem.

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Sometimes a problem is too big to solve on your own. That's okay! You can ask for help from a friend or a trusted adult.



PROBLEM SOLVING

Day 2

A friend left you out and you feel angry. What can you do to help you be in charge of this feeling?



THINK ABOUT IT

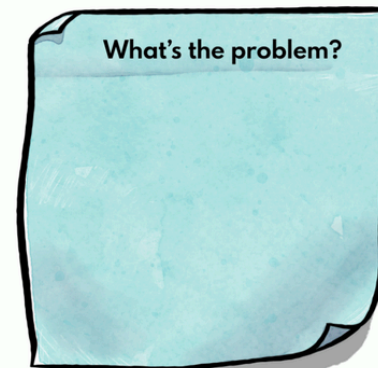
personal reflection

LET'S TRY IT!



Someone in your grade started a rumor about you. They said that you steal things. A lot of other students believed the rumor and don't want to be friends with you.

What's the problem?



How do you feel about it?



Do you need help?

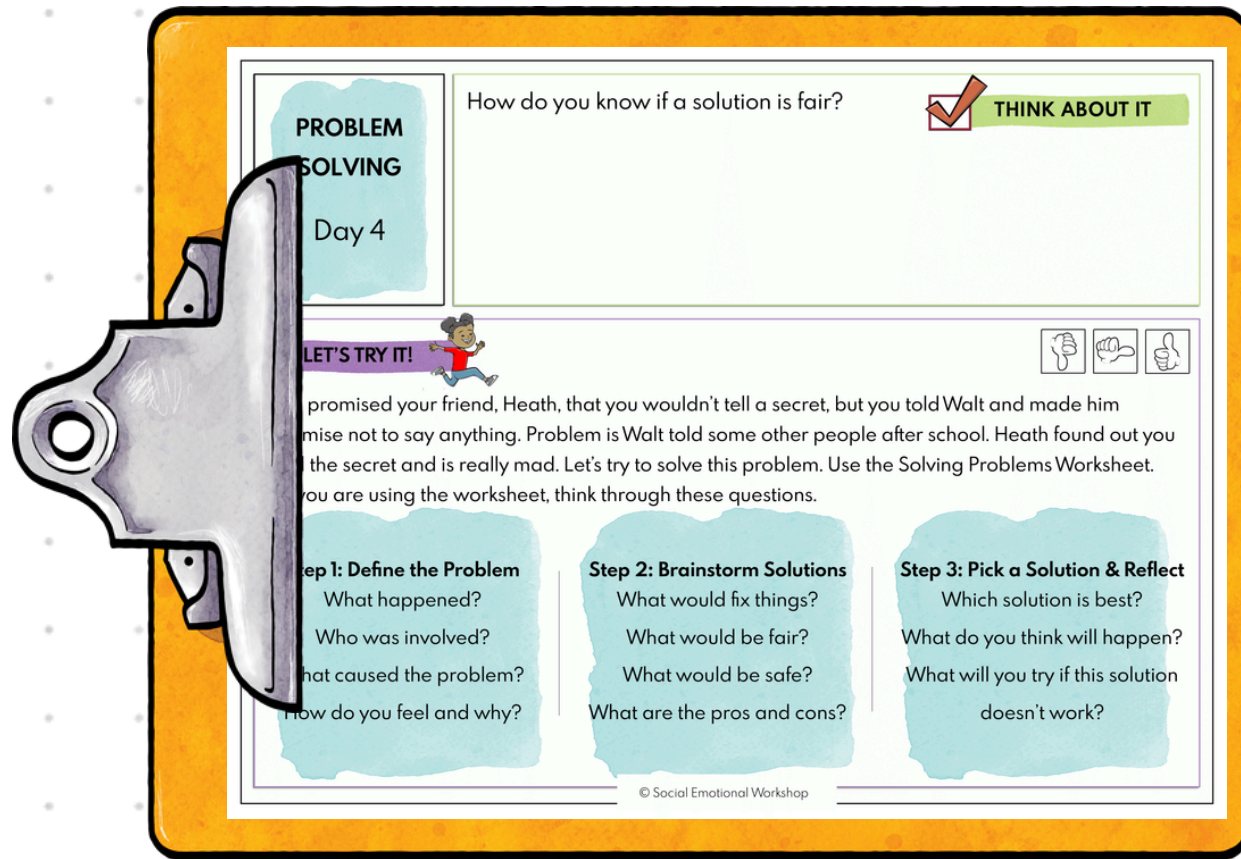


brief exercise

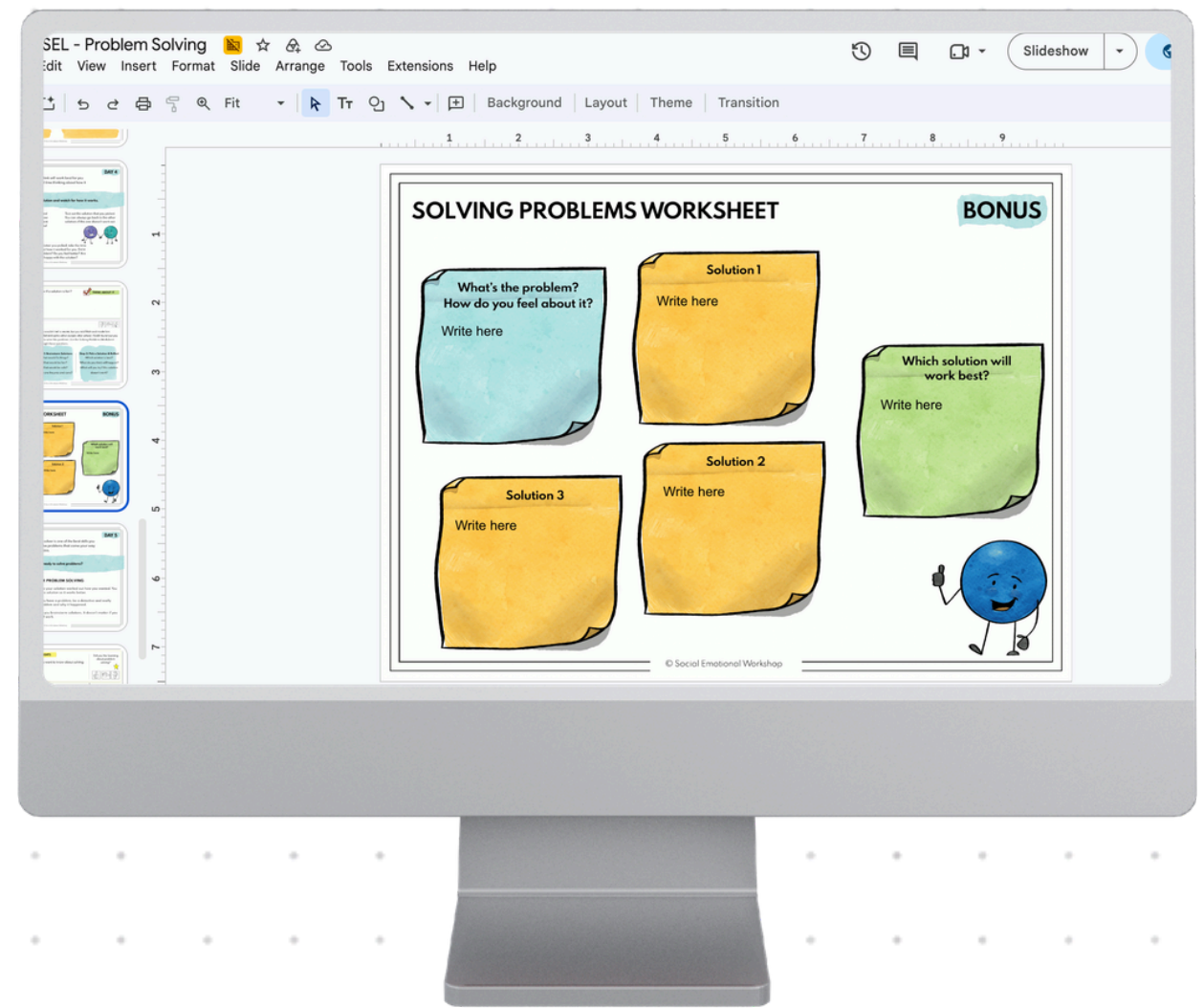
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Hi! I'm Laura

I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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