**5 Steps to Problem Solving**

1. What am I feeling? Am I curious, calm, anxious, angry, happy, disappointed or something else?
2. What is the problem? The challenge I am facing is...
3. What are the solutions? How can I solve this? List as many solutions as you can think of.
4. What would happen if...? I tried each of these solutions?
5. Choose one of the solutions and give it a try. If it doesn’t work, try another one. Keep going until the solution is found.