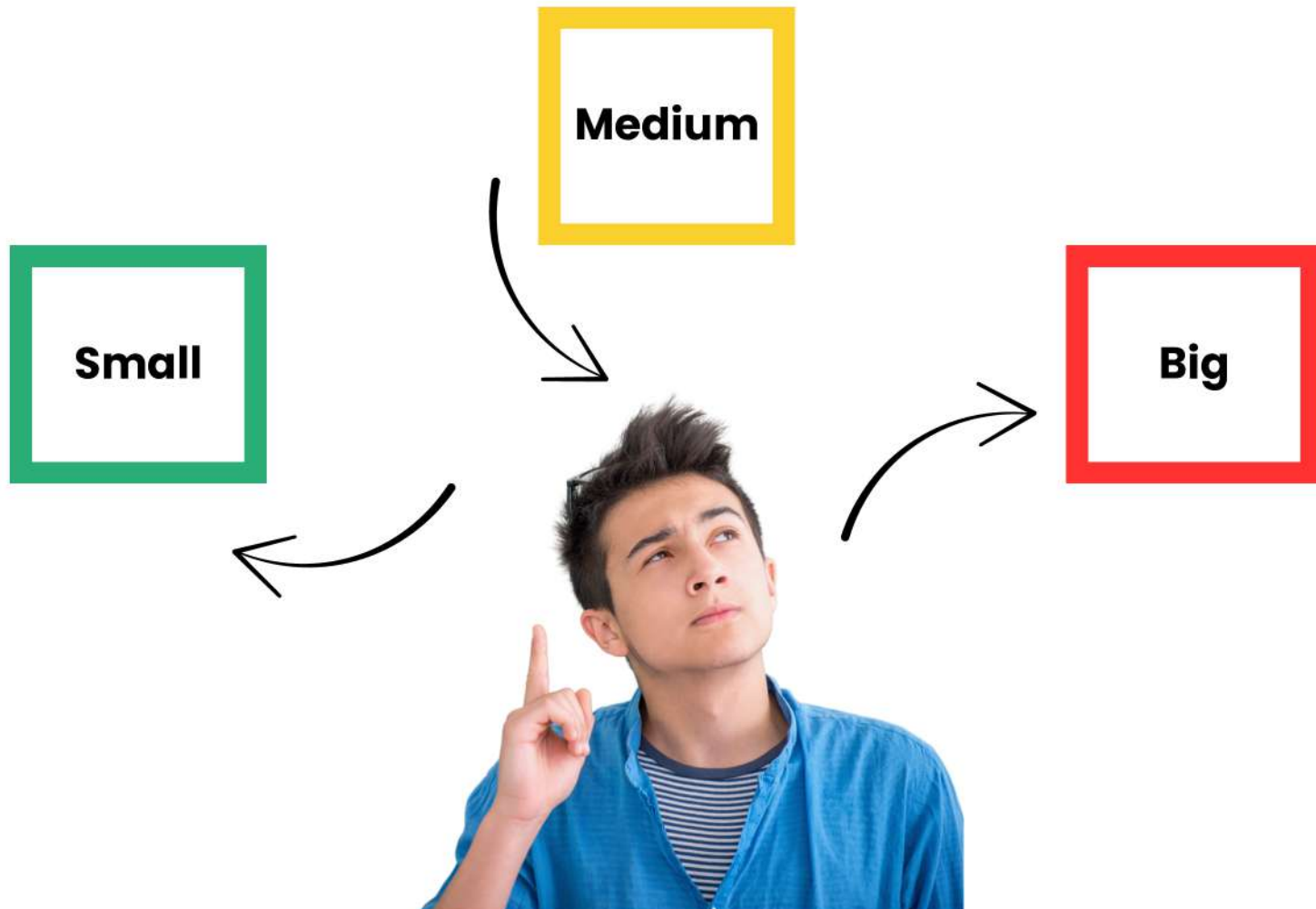


# What Would You Do?

## Solving Social Problems Together



Sometimes things happen that make us feel upset, confused, or stuck. Before I react, I should think about if the problem is big, medium, or small. I can think about possible solutions to deal with any problem.



## Teasing Trouble

Greg is walking into class when a student says, “Nice haircut... not!” and laughs. Greg feels embarrassed and angry. He wants to yell back but isn’t sure what to do.

What would you do?

1. Ignore the teasing and walk away?
2. Tell a teacher or trusted adult?
3. Say something calm like, “That wasn’t kind.”?



# Teasing: How big is the problem?

## **Big**

It happens often and makes you feel unsafe.

## **Medium**

It hurts your feelings but you can get help.

## **Small**

It's annoying but it doesn't ruin your day.



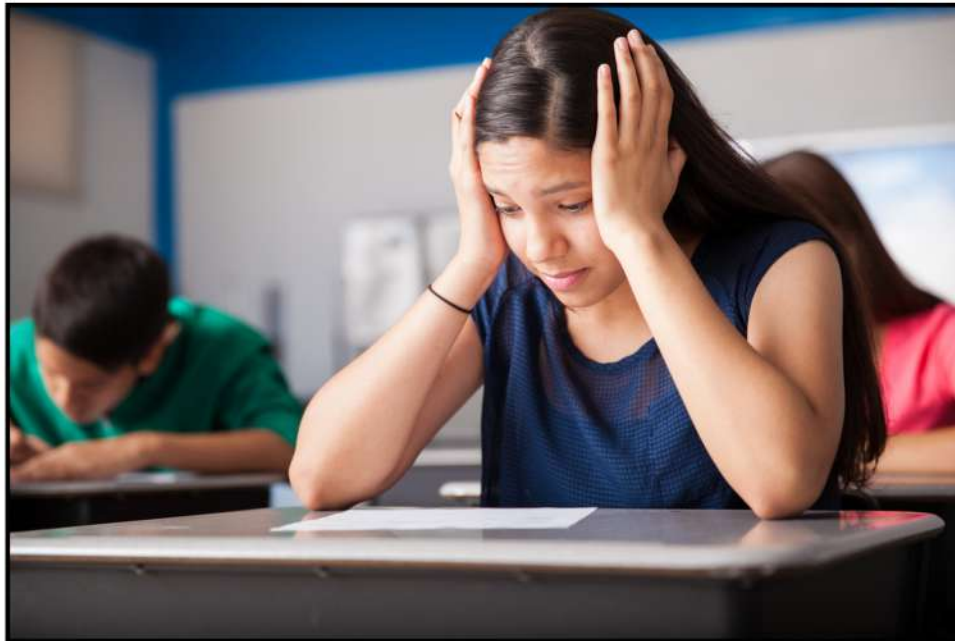


## Homework Headache

Sofia forgot to do her math homework. Her teacher asks for it, and she feels nervous. She doesn't want to get in trouble or disappoint anyone.

What would you do?

- Tell the teacher the truth and ask for help?
- Say you lost it, even if that's not true?
- Stay quiet and hope no one notices?



# Homework Headache: How big is the problem?

## **Big**

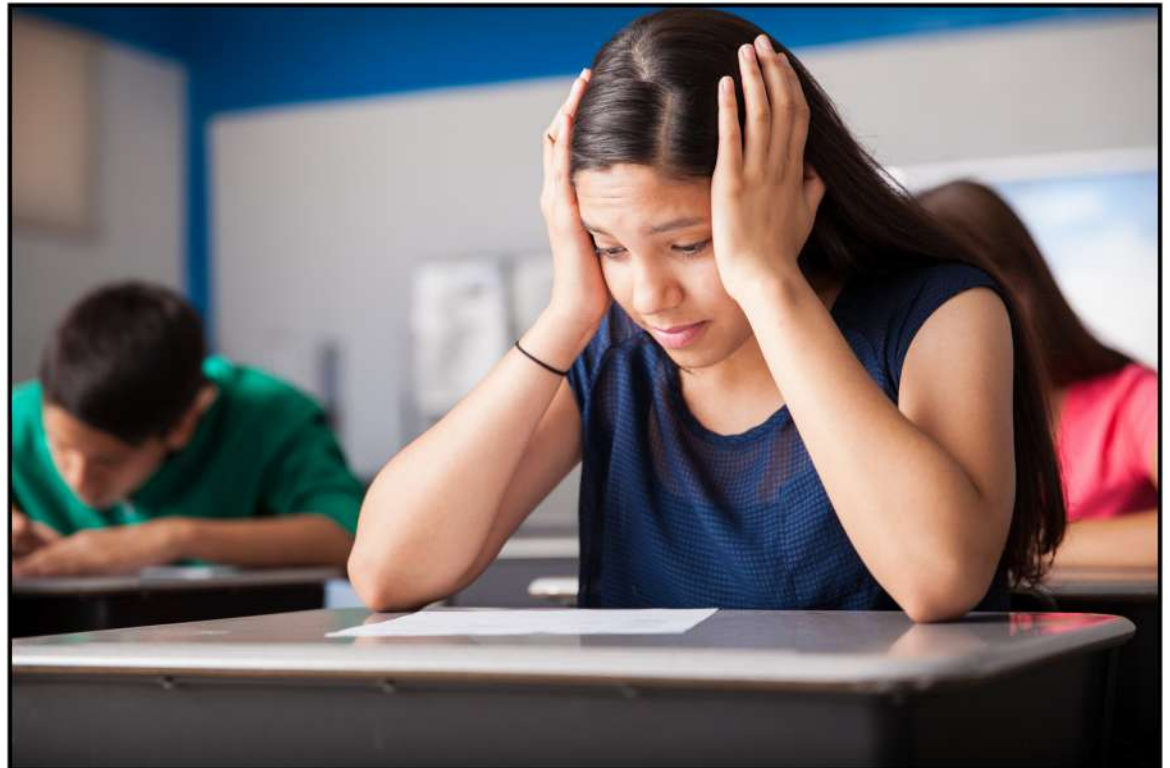
You forget homework often and it affects your grades.

## **Medium**

You forgot once and feel bad.

## **Small**

You can fix it by doing your homework tonight.



## Sharing Struggles

Alex wants to play with the classroom robots, but Jordan says, "No, I had them first!" and won't share. Alex feels frustrated and left out.

What would you do?

- Ask Jordan if you can take turns?
- Tell the teacher what happened?
- Grab the robots anyway?



# Sharing Struggles: How big is the problem?

## **Big**

Someone is always refusing to share and it causes fights.

## **Medium**

You feel left out but can find another activity.

## **Small**

You can wait a few minutes and try again.





## **Loud Noises**

During a school assembly, the music gets very loud and makes Riley feel overwhelmed. Riley wants to leave but doesn't want to stand out.

What would you do?

- Use a calming strategy like covering your ears or deep breathing?
- Ask a teacher if you can take a break?
- Stay and try to ignore it?



# Loud Noises: How big is the problem?

## **Big**

You feel unsafe or panicked.

## **Medium**

You're uncomfortable but can manage with help.

## **Small**

It's short and you can use a coping tool.



## Feeling Left Out

During recess, a group of students starts a game and doesn't invite Morgan. Morgan watches but feels sad and unsure what to do.

What would you do?

- Ask, "Can I play too?"
- Find another activity or friend?
- Stay alone and feel upset?



# Feeling Left Out: How big is the problem?

## **Big**

You're often excluded  
and feel lonely.

## **Medium**

You're left out today  
but have other options.

## **Small**

You can join in or try  
again later.





## Waiting Your Turn

In a game, Mikey keeps interrupting and taking extra turns. Tony is getting annoyed, but Mikey doesn't seem to notice.

What would you do?

- Say, "Let's make sure everyone gets a turn"?
- Tell the teacher or group leader?
- Stop playing the game?



# Waiting Your Turn: How big is the problem?

## **Big**

It happens often and makes you super angry.

## **Medium**

It's frustrating but you can wait until it's your turn.

## **Small**

It's annoying but doesn't ruin your day.



Solving problems helps us stay positive and find solutions—even when things feel hard.



# Conclusions: Think About It!

When I have a problem, I can...



Be flexible and  
solve problems.



Talk to a teacher or  
grown up.



Adjust and keep going.



# Conclusions: Think About It!

When should I get help from a grown up?



When I feel  
unsafe.



When I can't solve the  
problem by myself.



When the problem is  
big.

# Thanks for reading with us!



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