A Detective Story

How to Solve a Problem When You Are Upset

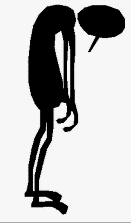
My name is [STUDENT NAME]. I attend [STUDENT’S SCHOOL NAME]. [TEACHER NAME] is my teacher in room \_\_\_\_\_\_. I also attend other classes in my school. In [SUPPORT TEACHER NAME] room I can manage my work and my feelings pretty well. I understand what to do and if I am upset I talk to her and we try to solve any problem I may have.

 In the other classrooms I may have a hard time with some of the things all of us students have to do. Sometimes the things I have to do make me very upset. When I am upset my whole body can feel my emotions; it can feel like things will just ‘blow up’.

The only thing I can think to do is use my words loudly. Usually I say things like, “I need to do this MY own way!” Sometimes I say things to another person that may sound angry at that person like, “I can’t look at her!”



The real problem is that many times it is hard to explain why I am upset. I know myself but it is hard to tell someone at THAT moment. When I talk this way it can hurt other people’s feelings or make them feel frustrated like me.



So it is a good idea to find a way to let people know WHY I am upset. This is where the ‘detective’ comes in. A detective is a person who must investigate or collect facts to solve a problem. Sometimes a detective collects the facts, then looks at solutions, decides on an action, does it, then checks to see how it worked out. Usually a detective works with other people to help too.

 Many times when I am upset adults have to be detectives to find out why I am upset.

This can be hard work but if I find ways to work with them my life will be easier for me and everyone around me. I DON’T want to upset kids in my class or the teachers and I DON’T like being upset either. Sometimes there are easy solutions to problems and sometimes there are harder ones. BUT if I work together with an adult I can feel better about the solutions.



***[THE FOLLOWING PARAGRAPH IS A SPECIFIC EXAMPLE. INSERT YOUR OWN STUDENT INCIDENT WITH END SENTENCES TO CONCLUDE THE PARAGRAPH]***

*Here is an example. I had to work with another student the other day. I just couldn’t do it because there were Goosebump books right behind her. I HATE those books and they make me feel terrible. It was hard for me to explain this to adults because I was feeling so awful about it. Instead I just used loud words about the girl. She probably felt bad. My teacher then had to be a detective to figure out what the problem was. I came down to [room] and Ms. \_\_\_\_ asked me questions to ‘collect the facts’. That helped me to tell her the problem. And then the solution was easy!*

So in the future here is what I am going to try to do when I am not feeling right about something I have to do.

1. I will tell and adult that I need to go to room \_\_\_ now.
2. I will then ask Ms. \_\_\_ if she can help me investigate he problem.
3. I will tell her somethings and she can ask me questions to collect the facts.
4. Then she can help me to look at solutions.
5. We will choose a solution, and do it.
6. Later we will talk again to check and see how the solution worked.

This detective plan may work very well for me, the other students around me, teachers, and other adults. I am going to try this and become a ‘super slooth’ with Ms. \_\_\_\_!

