



Name: _____

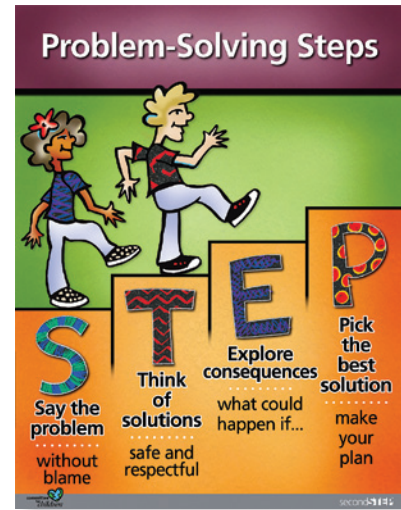
You have your reporter hat on again. Your sources tell you that there is cool new way to solve problems. They're simple steps—and you can learn them from a song! Could it be true? You've got to find out!

Have an adult family member read the “Step Up” lyrics below, then ask him or her the questions that follow. Your adult will see just how easy these steps can be!

*Here's a great way to remember
Keep it strong in your head, yeah
After the storm of strong emotions
Here's the way to solve the problem, yeah*

*I say step (step)
I just remember to step (step), oh child*

*S, you say the problem out loud now
T, now think of solutions that may work and how
E, explore consequences: What would happen if...
P, now pick the best solution and make your plan, yeah*



What is the first step to take when you have a problem?

S: _____

What are the next three steps?

T: _____

E: _____

P: _____

What's a good way to remember these Problem-Solving Steps?

How do you think these steps could help you solve problems?

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)