

Kaj bi moral/-a narediti drugače – preprost delovni list za reševanje problemov.

Veliko otrok lahko bolje in lažje rešuje problem, če napišejo o njem nekaj besed in zraven narišejo še sliko. To odraslemu pomaga, da nekaj časa ostane tiho in dovoli otroku čas za razmislek.

Tukaj je zelo preprost in splošen delovni list za reševanje problemov.

Worksheet for problem-solving. It includes a name line, a section for 'When I was upset, it did not go well.' with a drawing of a boy kicking a girl and the text 'I kicked the mean kid.' and 'I did this...'. Below this is a speech bubble saying 'I'll kill you!' and '...and I said this.'. To the right is a section for 'Here is what I should have done instead.' with a drawing of a smiling sun and the text 'Walk away.' and 'I should have done this...'. Below this is a speech bubble saying 'Tell Mrs. Jones.' and '...and I should have said this.'.

Prevedla in priredila
Janja Golob

Nekateri otroci ne želijo risati na ta delovni list. Tudi to je v redu. Naj samo zapišejo nekaj besed.

Otrokom lahko ponudite pisala različnih barv.

Worksheet for problem-solving. It includes a name line, a section for 'When I was upset, it did not go well.' with a drawing of a boy's face and the text 'I tore up the test.' and 'I did this...'. Below this is a speech bubble saying 'it is too hard!' and '...and I said this.'. To the right is a section for 'Here is what I should have done instead.' with a drawing of a boy's face and the text 'Ask for a break.' and 'I should have done this...'. Below this is a speech bubble saying 'I need a break please.' and '...and I should have said this.'.

Avtor Joel Shaul, LCSW

Ime _____

Ko sem bil/-a razburjen/-a, se
ni dobro izšlo.

Namesto tega bi moral/-a
narediti to.

Naredil/-a sem to...

Moral/-a bi narediti to...

...in rekel/-a to.

...in moral/-a bi reči to.