A small problem, one next step

Grades K–5 · Read aloud for K–2

For everyday school problems. Ask an adult right away if something feels unsafe.

1. Say what happened

The marker is missing. I do not know the first step.

2. Choose something safe to try

Ask for help, check the directions, or try a small step.

3. Try it with help if needed

You do not have to solve it alone.

4. Check what happened

Did it help? What could you try or ask next?

For the counselor: use a made-up example and model each step. For younger children, offer two choices and let them point. Serious or repeated harm needs adult support, not peer problem-solving alone.