

Did you know that feeling mad or frustrated or even sad are **PROBLEM FEELINGS**?

And when you have a problem feeling that means that you need to stop and calm your body so that you can solve the problem. It's kind of like being a detective!

Ok, so let's put on our detective hats and solve some problems!



Okay, let's solve another problem.

How would you feel if you were learning how to ride a bike,
and no matter how hard you tried, you kept falling off?

Me too! I would feel mad and frustrated and
WANT TO YELL AND SCREAM and kick the bike!
And worse, I might even give up trying!

Remember, having a problem feeling
means that there's a problem
that needs to be solved.



Remember, we all have problem feelings
once in a while but it's what we do when we have
these kinds of feelings that is most important!

Be a good detective. STOP, CALM YOUR BODY
AND SOLVE THE PROBLEM!

YOU CAN DO IT!

