

Avoiding problems

- Activity sheet -



Nobody likes to have problems.

To help you avoid them, here is what you can do :

1

STOP!

2

ASK YOURSELF
WHAT COULD
HAPPEN

3

SAY « NO »!

4

FIND SOMETHING
ELSE TO DO

Read the following story and see how Lea successfully avoids a problem by following the 4 steps:

Today, Lea is happy because her mom let her friend Flavie come over to her house for a playdate. Last time Flavie came over to Lea's house, Lea got in trouble because they used her sister Chloe's bike without asking for her permission first. As soon as Flavie arrived, she tried to convince Lea to play with Chloe's skipping rope. "Come on Lea! Your sister is not home. If we bring it back before she gets home, she won't even know that we took it." Lea also feels like playing with the skipping rope. She heads over to Chloe's room, but she **stops** at the door.

She asks herself what could happen if she borrowed her sister's skipping rope while she is not home. She remembers getting in trouble the last time and she doesn't want to get in trouble again or lose the privilege to be able to invite her friend Flavie over to her house.

Lea turns around, walks toward Flavie and says: "**No!** I won't go get my sister's skipping rope. She didn't give us permission and if we take it, we'll get in trouble. **Let's find something else to do.** Come, let's go to the park instead and when my sister gets home, we can ask her if we can use her skipping rope."



If it is too late to avoid problems and you find yourself in a tough situation, don't get discouraged and go get help. Click on the **Who can help me?** icon to identify people you trust who could help you.