Sometimes we can get frustrated when we are trying to solve a problem. It can help to take a quick break to breathe. Let’s learn a way to change our frustration so we can solve any problem!

**Let’s Breathe**

Because we are all different, we often times problems that we need to solve with others to maintain our friendships. Next time you have a problem, practice these 4 steps:

1. **Stop, Think and Cool Off!**
2. **Talk it Out** (sometimes you’ll need an adult to help)
3. **Evaluate** all the possible solutions
4. **Pick a Solution Together**

Click here for Kid President’s fun tips on how to disagree while being a good friend and kind person!

Our best problem-solving ideas can come to us when put our bodies in motion. Let’s Move It!

**Let’s Move**

It can be very difficult to stop ourselves when our emotions are strong. When we don’t, we an say and do things we regret. **Click here to practice cooling down, so we can make better decisions.**

Sometimes it’s hard to know if we (or the other person) are ready to talk it out. **Use the activity to practice.** To challenge yourself, write down how you know it is or isn’t a good time to talk and then share your answers with a friend or adult.

Do you know what it means to compromise? Compromise is a great way to discuss and choose a solution together. **Try it out here.**