

Name: \_\_\_\_\_

My goal is: \_\_\_\_\_

\_\_\_\_\_

| <b><u>Step 1: Choices</u></b>                            | <b><u>Step 2: Consequences (+/-)</u></b> |               |
|--|--|---------------|
|  | <b>Me</b>                                | <b>Others</b> |
| 1)   |  |               |
| 2)   |  |               |
| 3)   |  |               |
| 4)   |  |               |
| 5)   |  |               |
| 6)   |  |               |
| 7)   |  |               |
| 8)   |  |               |
| 9)   |  |               |
| 10)  |  |               |
| <b><u>Step 3: Pick a choice to get to your goal:</u></b> |  |               |
| _____  |  |               |
| _____  |  |               |
| _____  |  |               |

Problem Solver: \_\_\_\_\_

Goal: \_\_\_\_\_

Choice: \_\_\_\_\_

## Skill 5: Make a Plan

**Step 1:** Identify who, where and when –

**Step 2:** Choose key social skills that can help you –

**Step 3:** Identify what you will do or say –

**Step 4:** Identify how you will do and say it –

**Step 5:** Decide on a thought to get you started –

**Problem Solving Skill 5:  
Make a Plan**

---

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:  
Make a Plan**

---

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:  
Make a Plan**

---

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:  
Make a Plan**

---

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started



# Homework Sheet: Lesson 22



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Apply problem solving skill 5: **Make a plan** to the problem situation you've been working on. Use the choice you decided on in lesson 21. Remember your goal.

**My problem statement:** I think/feel \_\_\_\_\_  
because \_\_\_\_\_ and  
my risk reaction is \_\_\_\_\_.

**My goal is:**

---

---

**My choice is:**

---

---

## Problem Solving Skill 5: Make a Plan

**Step 1:**

Identify who,  
where and  
when

Who?

---

---

---

---

Where?

---

---

---

---

When?

---

---

---

---

(Continued on Next Page)

**Step 2:**

Choose key  
social skills  
that can help  
you

---

---

---

---

**Step 3:**

Identify what  
you will do or  
say

---

---

---

---

**Step 4:**

Identify how  
you will do or  
say it

---

---

---

---

**Step 5:**

Decide on a  
thought to get  
you started

---

---

---

---