



TEACH PROBLEM-SOLVING WITH A COMPLETE SEL TOOLKIT

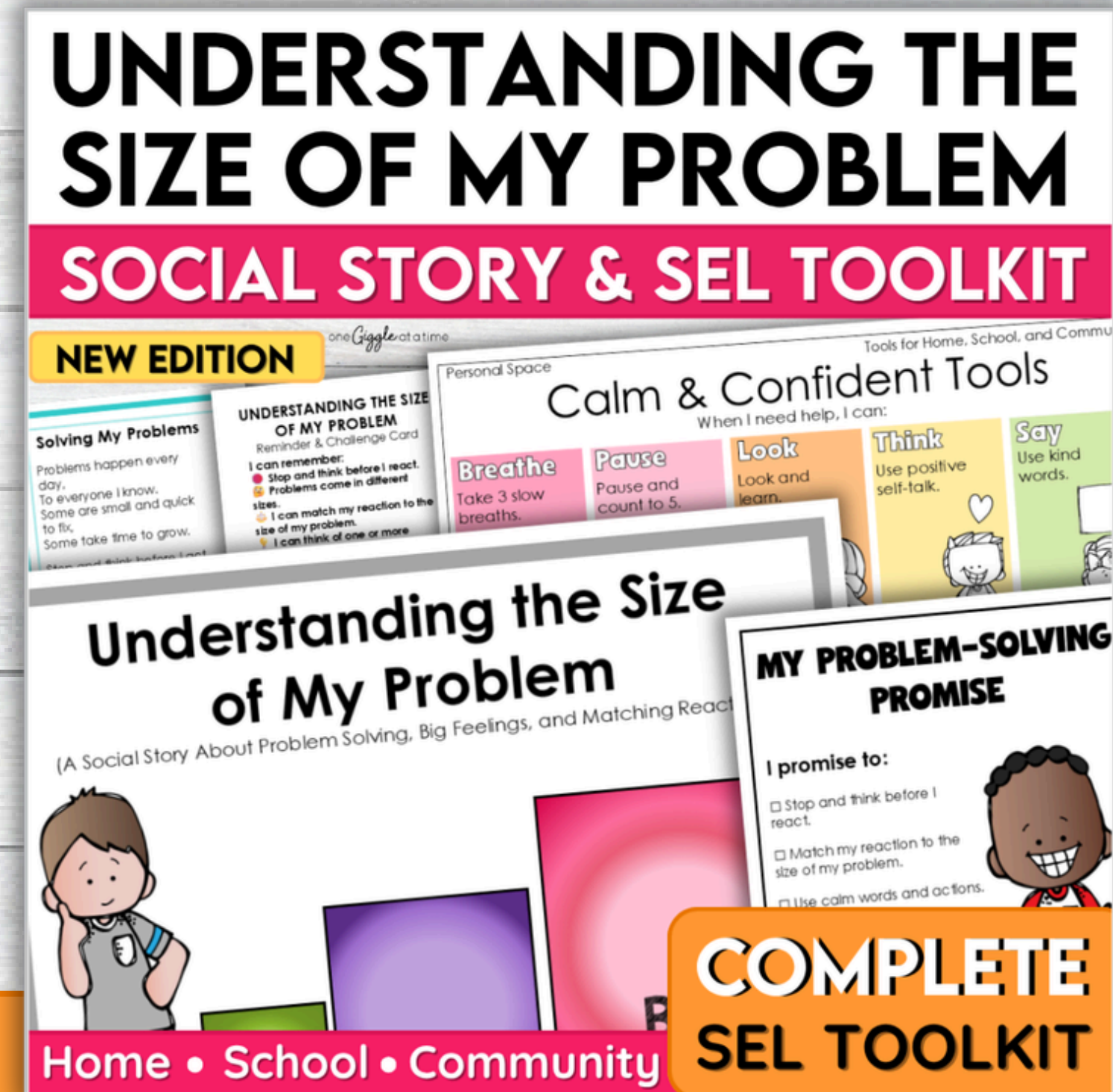
This resource combines an engaging social story with 70+ printable SEL activities designed to help children understand, practice, and apply problem-solving skills.

Through discussion, guided practice, reflection, family connections, and real-life application, children learn to:

- Understand that problems come in different sizes.
- Stop and think before reacting.
- Match their reactions to the size of the problem.
- Choose helpful solutions.
- Ask trusted adults for help when needed.
- Build confidence solving everyday problems at home, at school, and in their community.

one *Giggle* at a time

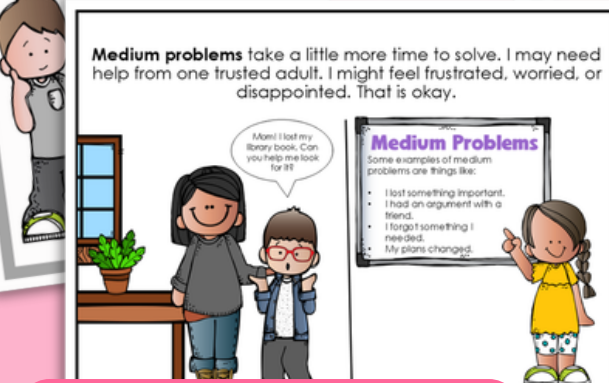
KEEP SCROLLING TO SEE WHAT'S INCLUDED!



WHAT'S INSIDE THIS RESOURCE

one *Giggle* at a time

Understanding the Size of My Problem



Social Story

STOP AND THINK...



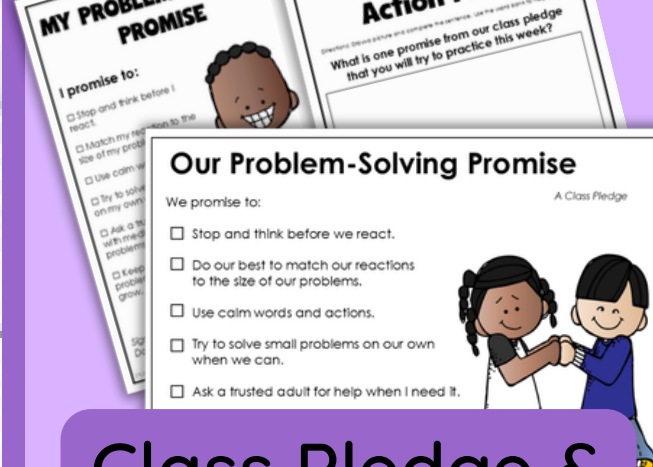
Stop, Think & Solve Cards

Learning From Problems



SEL Teaching Cards

MY PROBLEM-SOLVING PROMISE

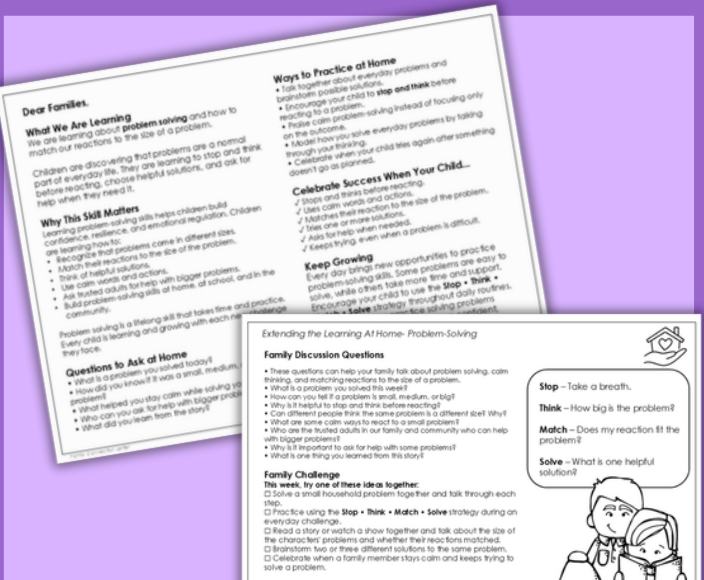


Class Pledge & Student Promise

Calm & Confident Tools



Calm & Confident Tools



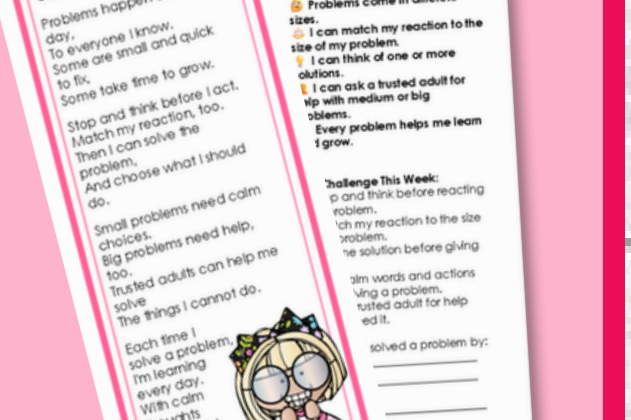
Family Connection Resources

Understanding the Size of My Problem



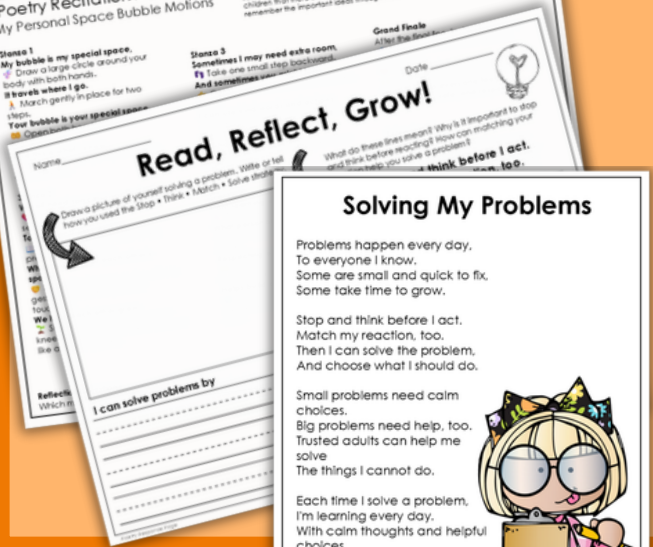
Social Skills Reader & Narrated Story Video

Understanding the Size of My Problem



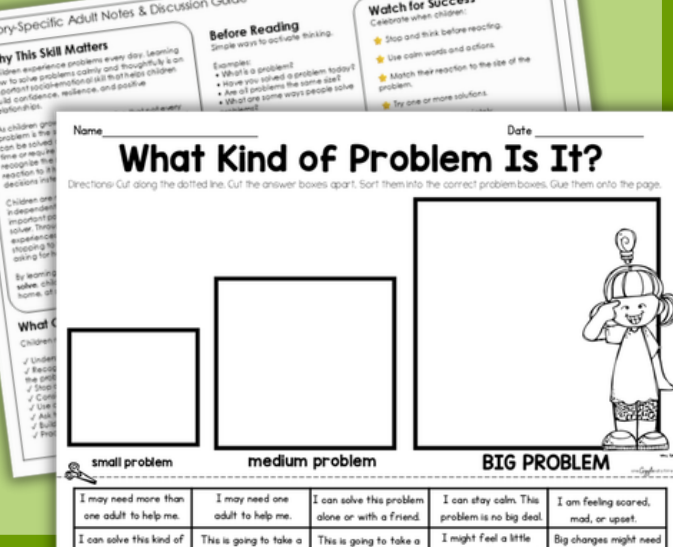
Reminder Challenge Cards

Poetry Recitation Activity



Poetry Connection

Story-Specific Adult Notes & Discussion Guide



Extension Activities

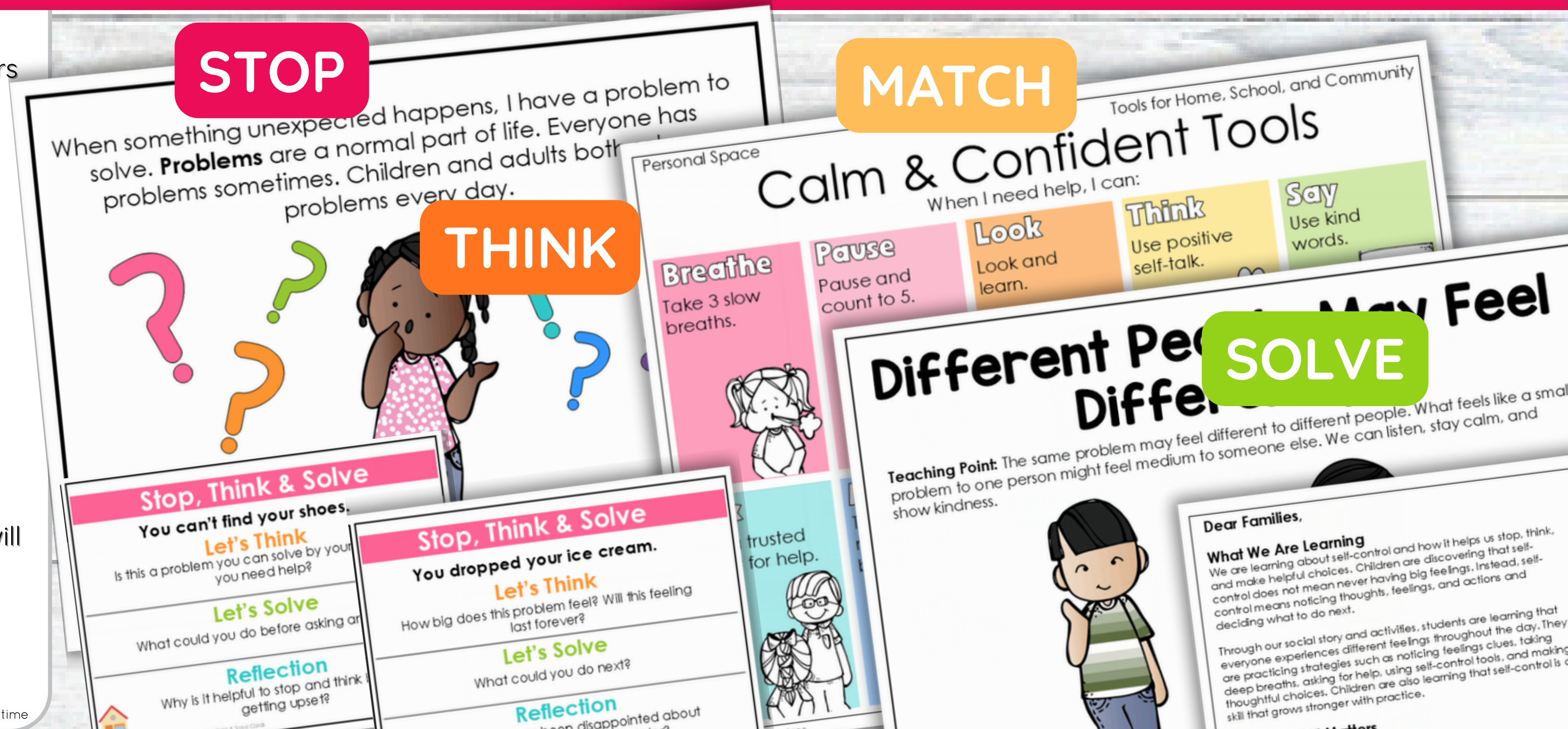
Designed for school, home, counseling, and SEL groups

BUILDING CONFIDENT PROBLEM SOLVERS

Children learn one simple process they can use again and again to solve everyday problems.

- Children don't become confident problem solvers by reading a story one time.
- They grow through:
 - repeated practice
 - meaningful discussion
 - guided reflection
 - real-life experiences
 - supportive adults
- This **newly updated edition** introduces one simple routine children will use throughout the resource—and across home, school, and community settings.

oneGiggleat a time



Moving children from understanding...to confident problem solving.

STOP THINK MATCH SOLVE

STOP

Pause before reacting.

THINK

How big is my problem?

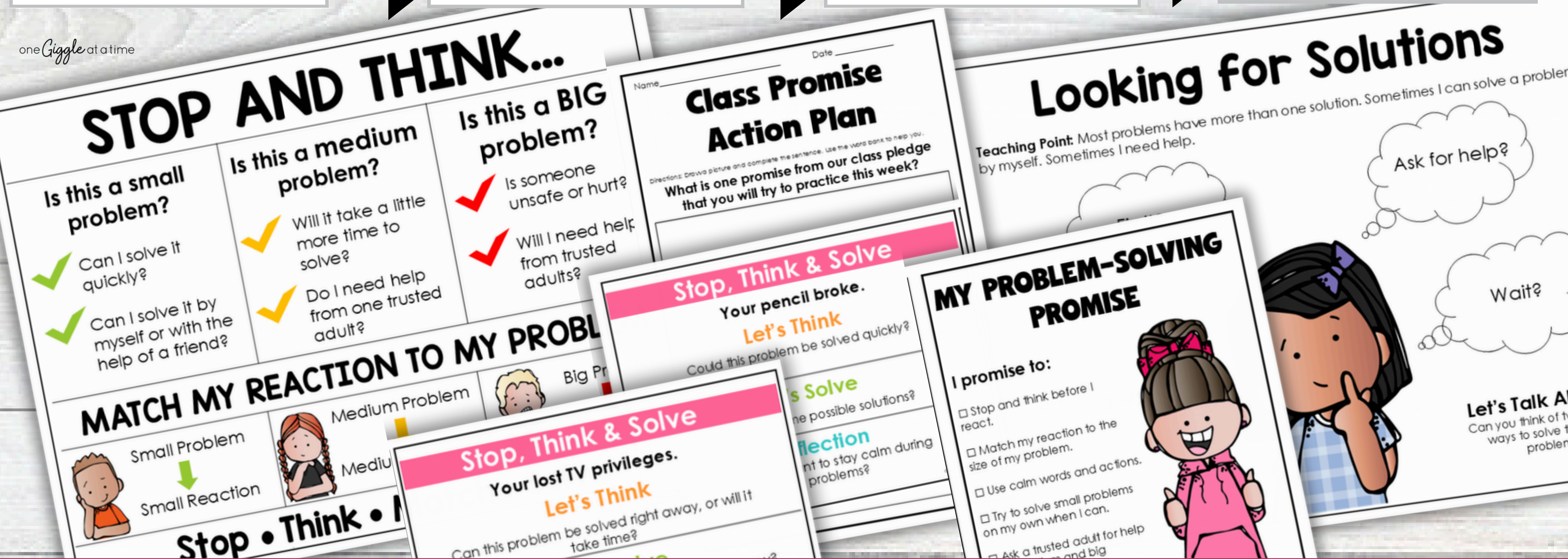
MATCH

Choose a Reaction that Fits.

SOLVE

Choose a helpful solution.

oneGiggleat a time



Children practice the same problem-solving routine throughout the entire resource.

ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.



onegiggleclassroom.com



diane@onegiggleresources.com



bit.ly/onegiggletp



[instagram.com/onegiggle](https://www.instagram.com/onegiggle)



bit.ly/onegigglefb

one giggle at a time is a passionate supporter of:

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities