



“Give Me Five!” A Solution to Resolution

Help your child learn to problem solve by using a hand for thinking and talking rather than acting aggressively. When in need of a resolution, you and your child can each hold up a hand and go through the resolution process by pointing to each finger and following each step.

1. Cool down.
2. Identify the problem.
3. Brainstorm solutions.
4. Choose a solution.
5. Try it out!



Once the process is complete, and a successful resolution has occurred, celebrate with a high five!