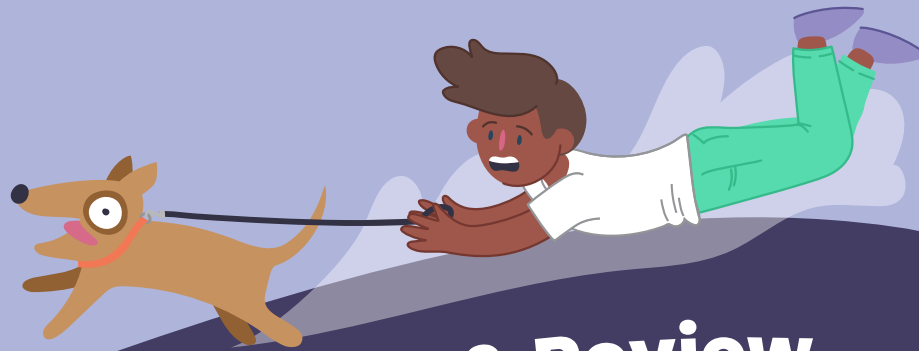


# problem solve with POOCH



**Problem – Options – Outcomes – CHoose & Review**

**problem:** What is my problem?

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**options:** What are my options?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**outcomes:** What might happen if I tried the different options?

Option 1 \_\_\_\_\_

\_\_\_\_\_

Option 2 \_\_\_\_\_

\_\_\_\_\_

Option 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**choose:** Which is the best outcome?

Option \_\_\_\_\_ Why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**review:** How did it go?  
Did it work?

\_\_\_\_\_

\_\_\_\_\_

**review:** If my problem is still not solved, what will I try next?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



If you need support, you can contact us!

**1800 55 1800**  
kids helpline.com.au