

I'm Stuck

✨ **Don't feel bad—it happens to everyone!** ✨

Try to use these strategies to problem solve on your own before you ask for help:

- ☐ Take a deep breath in and out
- ☐ Reread the question or statement
- ☐ Go through it one sentence at a time
- ☐ Use the K-W-L method: Think about what I know, what I want to know, and what I've learned
- ☐ Look up the definition of words I don't know
- ☐ Look at the board or in my notes for a similar example
- ☐ Try an answer, even if I might make a mistake
- ☐ If I can, take a break and move on to the next question (remember to come back later!)



If you're still stuck, ask another student or your teacher for help. To explain what you need help with, you can say something like:

- ☐ I don't know where to start.
- ☐ I don't understand how to _____.
- ☐ I've tried _____, but it isn't working.
- ☐ Can I see a similar example?

