Hey there, it’s me – Dr. Sherri, P!H!D!

Our Emotion Experiment today will help you tie together all of the great skills we’ve been learning to help us become better listeners, better thinkers, and better friends. Those skills were all super helpful this week when Scotty and Vac met the evil Tantrumus Maximus at the carnival!

Whenever you find yourself feeling frustrated, disappointed, or overwhelmed, it’s important to have some solutions that will work for you. To help with that, you can make your very own Solve-o-matic 3000 to help you find a good solution for all kinds of sticky situations!

Emotion Experiment SOLVE-O-MATIC 3000

Step 1
Make your own Solve-o-matic 3000! All you need is paper, a pair of scissors, and maybe a grown-up’s help. You can print out and use our template on the next page, or you can watch this how-to video to see how a Solve-o-matic 3000 is made.

Step 2
If you’re making one from scratch, once your Solve-o-matic 3000 is folded and ready, open it up and copy the eight skills (listed on page 2) onto the inner flaps. Your handwriting might need to be pretty tiny to get it all to fit!
(If you used our template, those skills will already be written in there.)

Step 3
Now your Solve-o-matic 3000 is ready to use! Practice with the stories on the next page or come up with your own! When you find yourself feeling frustrated, needing help in a conflict, or not sure what to do when you have a big, overwhelming feeling—remember, you can use your Solve-o-matic 3000 to find a solution in the moment! And don’t worry, there are no wrong answers.

Look at the Glossary on page 3 if you need help remembering how to use a skill. Or listen to episodes of The Imagine Neighborhood and do some of the Emotion Experiments again!
Test out your problem solving skills with a SOLVE-O-MATIC 3000!

1. A leprechaun has jumped up on the table and eaten the last bowl of your favorite cereal.
2. Your sibling won’t return the toy you were playing with first.
3. You were really looking forward to going to Legoland for your birthday, but you learn that the park is closed.

Grown-ups: This activity is a summary of the skills we’ve been learning in the Imagine Neighborhood. The Solve-o-matic 3000 can help your kids remember and practice their skills when they have a problem or big emotion. There are no wrong answers and kids can redo the activity until they find a solution that works. Younger kiddos will need extra help with the cutting and folding. This video shows how to make a Solve-o-matic 3000 step-by-step.

© Committee for Children 2020
Glossary of Strategies

1. **Slow breathing**: Practice taking some slow, deep breaths in through your nose and out through your mouth. You can put your hands on your belly and feel the air go in and out. Do you remember when the Fire Pirates and Fieryous George needed to find a solution to their problem? Being able to practice slow breathing really helped them calm down and listen to one another!

2. **Apologize**: One important way to make things right is by making a sincere apology. A sincere apology means saying you’re sorry and really meaning it. We practiced this skill in an earlier Emotion Experiment, just like Scotty and Doc Apocalypso talked about it with Jeremy the Tigbanua in The Imagine Neighborhood!

3. **Self-talk**: When you’re feeling big emotions, it can be a good idea to use self-talk to help calm down. Self-talk means talking to yourself in a quiet voice or in your head. It can help you focus, stay on task, and handle distractions. You can say to yourself, “you’re okay!” or, “you got this!” or, “chill out, man!” When Macho needed to remember something important on his spaceship when out for an intergalactic bird delivery, he used self-talk so he wouldn’t forget!

4. **Switcheroo**: Do you remember when Count Vacula and Doc Apocalypso switched bodies right before a very loud rock concert? At first, it was a little scary to see the world through the other’s eyes, but it really helped Vac and Doc understand each other better. When you play Switcheroo with someone, close your eyes and really think about what it must feel like to be them. Imagine what happens in their day and the things they like and don’t like.

5. **Name your feeling**: When you’re feeling a big emotion, it’s a great idea to stop and name your feeling. Sometimes it can be really helpful to start by figuring out what that big feeling is! Ask yourself: “What is this feeling? Am I feeling sad? Scared? Frustrated? Maybe excited or disappointed?” Naming your feeling is a great first step in calming down.

6. **Find a fair solution**: It took some compromising, but Scotty was able to help Cap’n Marion resolve her eternal feud with Fieryous George the Lava Monster! First, they had to listen to each other and figure out the real root of their problem. Then they found a fair solution: they were able to reach a deal that they both agreed to and were happy with.

7. **Ask for help**: When you’re feeling a big emotion, asking for help is always a great place to start. You can ask a grown-up, a friend, or someone in your family. Let them know how you feel and that you need some help figuring out what to do next. Remember when Vac asked all of the critters at the carnival for help when Scotty fell down that trapdoor and into Tantrumus Maximus’s evil lair? It’s just like that!

8. **Make an if–then plan**: When Princess Donnasaurus and Scotty realized that sock goblins had stolen all of the socks in The Imagine Neighborhood, they knew they needed to do something! But what to do? Making an if–then plan is a great way to explore a solution to a problem. First, think of one solution. How will this solution affect the people having the problem? If you use this solution, then what happens?