

✦ DUH BRUH 1: Three is NOT a Crowd ✦

S.O.A.R. Problem-Solving Worksheet

Use S.O.A.R. when you have a problem with a friend — or any tricky situation!

Name: _

Date: _

S

Situation

What is the problem? Describe what happened.

O

Ownership

What could YOU have done differently? (Even a little?)

A

Action

What actions did you take — or what COULD you do?

R

Result

What do you hope will happen? What is your goal?

Reflection: How did using S.O.A.R. help you?

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S.O.A.R. from the Book — Paisley's Recess Problem

Fill in the S.O.A.R. boxes using what Paisley does in the story.

Name: _

S
Situation

What happened at recess between Paisley, Poppy, and Pat?

O
Ownership

What could Paisley OR Poppy have done differently?

A
Action

What did Paisley actually DO to solve the problem?

R
Result

What was the result? Were the three friends happy at the end?

☆ **Bonus: Add a 5th letter — L for Learned!** What did Paisley (or YOU) learn from this situation?

My Feelings Thermometer

Color the thermometer and fill in what YOU do at each level.

Name: _

	Level	Feeling	What I do / What helps me
	5 — Very Hot!		What I might do at this level:
	4 — Getting Hot		What I might do at this level:
	3 — Warm		What I might do at this level:
	2 — Cool		What I might do at this level:
	1 — Calm & Cool		What I might do at this level:

Poppy's Level at Recess

What level was Poppy at during the recess fight? How do you know?

Paisley's Level at Recess

What level was Paisley at? What did she do to calm down?

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4 Breathing Techniques from Duh Bruh 1

Practice each one. Circle your FAVORITE after you try them all!

🎈 Balloon Breathing

Breathe IN slowly through your nose — like you're blowing up a balloon. Hold it for 3 seconds. Breathe OUT slowly through your mouth — let the air out like a balloon deflating. Repeat 3–5 times.

When would Balloon Breathing be most helpful for you?

★ Star Breathing

Spread one hand out like a star. Use your pointer finger to trace the outside of your other hand. Breathe IN as you go UP each finger, breathe OUT as you go DOWN. Go all the way around all 5 fingers.

Draw your hand below and trace it right now!

(space to trace your hand)

🐍 Snake Breathing

Take a deep breath IN through your nose. Breathe OUT slowly making a long 'sssssss' sound like a snake. Make the 's' sound last as long as possible. Repeat 3 times.

How does Snake Breathing feel different from regular breathing?

📦 Box Breathing

Breathe IN for 4 counts. HOLD for 4 counts. Breathe OUT for 4 counts. HOLD for 4 counts. Repeat!

Box Breathing is used by athletes and even astronauts! When could you use it?

My favorite breathing technique is: _____ **because:**

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Vocabulary in Action

Practice the key words from Duh Bruh 1. Fill in each card!

Name: _

Jealousy

Definition: An uncomfortable feeling when you think someone has something you want, or fear losing someone important to you.

From the Book: Paisley admits she gets "pretty jealous" when Poppy has playdates with others.

Use it in a sentence:

Empathy

Definition: Being able to understand and share how another person feels — walking in their shoes.

From the Book: Paisley tells Poppy: "She needs to put herself in Pat's shoes."

Use it in a sentence:

Conflict

Definition: A disagreement or argument between people.

From the Book: Poppy and Paisley's fight at recess is the main conflict.

Use it in a sentence:

Resolution

Definition: The way a problem or conflict is finally solved.

From the Book: The three friends working things out at recess is the story's resolution.

Use it in a sentence:

Regulate

Definition: To manage or control your feelings so they don't take over your actions.

From the Book: Breathing exercises help characters regulate their emotions.

Use it in a sentence:

Vow

Definition: A very serious promise you make to yourself or others.

From the Book: Poppy makes herself a vow never to act meanly again.

Use it in a sentence:

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Character Perspectives & Journal

Name: _

Part 1: How Each Character Felt

Question	Poppy	Paisley
<i>How did this character feel when Pat first appeared?</i>		
<i>What was this character most afraid of?</i>		
<i>What did this character do that was brave?</i>		
<i>How did this character change by the end?</i>		

Part 2: My Journal Entry

Choose ONE prompt and write at least one paragraph:

- Write about a time you felt jealous of a friend. What happened? How did your body feel?
- Describe a time you were caught in the middle between two friends, like Paisley was.
- Write about a time you judged someone before you really knew them. What changed?

I chose prompt: ____

Opinion Writing Graphic Organizer

Was Poppy's jealousy understandable — or was she just being mean?

Use evidence from the book to support your opinion.

Name: _

My Opinion (Claim)

I think Poppy's jealousy was / was not understandable because...

Reason 1 + Evidence from the Book

First, ... (Write a quote or detail from the book here.)

Reason 2 + Evidence from the Book

Also, ... (Write another quote or detail from the book here.)

Counterclaim (The Other Side)

Some people might think... but I still believe...

Conclusion

In conclusion, ... That is why I think...

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Duh Bruh De-Brief Reflection

Rate yourself honestly on each tip from the book. No one is perfect — that's why we practice!

Name: _

De-Brief Tip	I do this	Sometimes	I need to work on this
When I feel jealous, I try to name the feeling instead of acting on it.	☐	☐	☐
I use breathing techniques to calm down before I say or do something I'll regret.	☐	☐	☐
I try to put myself in someone else's shoes before judging them.	☐	☐	☐
I give new people a fair chance before deciding if I like them or not.	☐	☐	☐
I talk to a trusted person when a big feeling won't go away.	☐	☐	☐
I use journaling or drawing to get my feelings out.	☐	☐	☐
I try to brainstorm solutions instead of just reacting.	☐	☐	☐
I remember that making new friends doesn't mean losing old ones.	☐	☐	☐
I try to understand WHY someone acted a certain way before getting upset.	☐	☐	☐
I step away to get some air when I'm feeling overwhelmed.	☐	☐	☐

★ My #1 strength is:

🎯 My #1 goal to work on:

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Creative Choice Board

Pick ONE activity below. Give it your best effort and be creative!

Name: _____

I chose: Option _____

Option A: Comic Strip

Draw a 4-panel comic strip showing the recess conflict and its resolution. Include speech bubbles and captions!

Option B: Poppy's Diary

Write a diary entry from Poppy's point of view the night after meeting Pat. How does she feel? What does she think went wrong?

Option C: New Friend Checklist

Design a "New Friend Checklist" — what do YOU look for in a new friend? How is a best friend different from a regular friend?

Option D: Write a Sequel

What do Paisley, Poppy, and Pat do the next weekend? Write a short story showing their new friendship!

My Work: