The Problem-Solving Rap

Lyrics

If I'm stuck and in trouble
And I don't know what to do
There are three easy questions
That are sure to help me through

I can ask myself “How do I feel?”
How do I feel?
Am I happy, am I sad?
Am I scared, am I mad?

I can ask myself “What is the problem?”
What is the problem?
Then I'll know what's going on

I can ask myself “What can I do now?”
What can I do now?
I can think up some ideas

So let's all remember
The three easy things to ask
Let's say them one time over
So we can do the task

1, 2, 3, go
Don't forget number one
How do I feel?

Don't forget number two
What is the problem?

Don't forget number three
What can I do?

Now tell it all again
1, 2, 3, go
How do I feel?
How do I feel?

What is the problem?
What is the problem?
What can I do?
What can I do?
Verse 1

**trouble**
B shape both hands, palms slanted out. Alternately circle inward toward front of face.

**do**
Claw shape both hands, palms down. Swing back and forth.

**question**
Outline question mark in air with right index finger.

**help**
Place little finger side of left A, thumb up, in right palm. Raise right palm up.

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Verses 2–4

**feel**
Strike right middle finger upward on chest.

**happy**
RH open B palm in, tips left. Brush up chest twice with quick, short motion.

**sad**
Five shape both hands, palms in, fingers slightly curved, LH a little below RH. Hold in front of face and drop slowly.

**scared**
Open 5 both hands, palms in, tips facing. Move back and forth several times, as if shaking in fright.

**mad**
Claw shape RH tips on chest. Draw up and out in forceful manner.

**problem**
Bent V shapes both hands, right palm down, left palm in. Place knuckles together then twist in opposite directions, RH rotating forward, LH rotating back.

**do**
Claw shape both hands, palms down. Swing back and forth.

**idea**
I shape RH palm in. Place little fingertip on right temple then move out.
Verses 5–End

**remember**
Place thumb of right A on forehead, then drop down and touch thumb of A shape LH palm right.

**forget**
RH open B palm in. Draw tips across forehead from left to right, ending in A shape.

**feel**
Strike right middle finger upward on chest.

**problem**
Bent V shapes both hands, right palm down, left palm in. Place knuckles together then twist in opposite directions, RH rotating forward, LH rotating back.

**do**
Claw shape both hands, palms down. Swing back and forth.