

Music by Dennis Westphall  
and Lorraine Bayes

# The Problem-Solving Rap

Lyrics

1, 2, 3, go

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

Don't **forget** number one  
How do I **feel**?  
How do I **feel**?

I can ask myself "How do I **feel**?"  
How do I feel?  
Am I **happy**, am I **sad**?  
Am I **scared**, am I **mad**?

Don't **forget** number two  
What is the **problem**?  
What is the **problem**?

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

Don't **forget** number three  
What can I **do**?  
What can I **do**?

I can ask myself "What can I **do** now?"  
What can I do now?  
I can think up some **ideas**

Now tell it all again

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

How do I **feel**?  
How do I **feel**?  
What is the **problem**?  
What is the **problem**?  
What can I **do**?  
What can I **do**?

Sign language illustrated  
instructions on pages 2–3

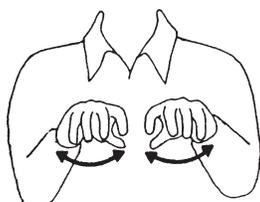
continued on page 3

## Verse 1



### trouble

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



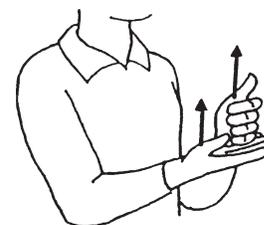
### do

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.

## Verses 2-4



### feel

Strike right middle finger upward on chest.



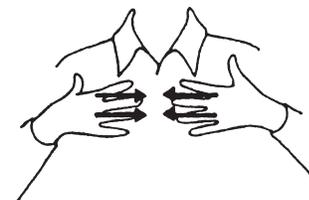
### happy

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.



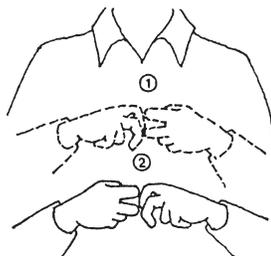
### scared

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



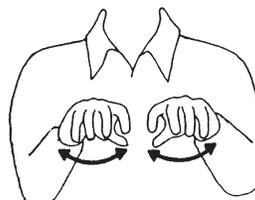
### mad

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



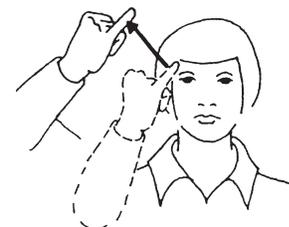
### problem

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.



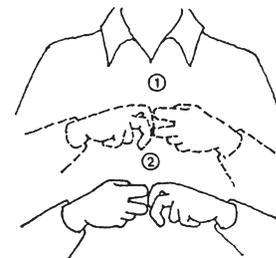
### forget

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



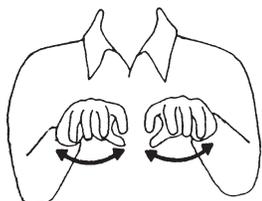
### feel

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.