

Name:



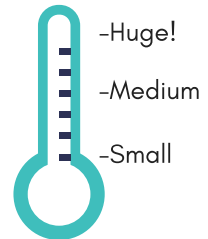
Date:

HOW TO PROBLEM SOLVE

1. What is the problem?

2. How big is the problem?

(Fill the thermometer)



3. How does it make you feel and why? (Circle one or more)



4. What can help you to cool down or feel better? Here are some ideas.



Walk away



Do something
else



Take 10 slow
deep breaths



Drink water



Pay attention
to my body



Say to
myself...



Express my
feelings



Talk to
someone



Let it bother
me



Draw or write
your idea

Name:

Date:



HOW TO PROBLEM SOLVE

5. Understand your goal.

What do you want to achieve so is it no longer a problem?

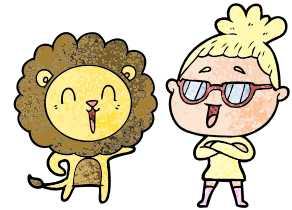
There are three types of problem solving solutions:



Find help from
someone



Solve it myself



Solve it together



**6. Considering the three types in mind,
brainstorm one or more possible solutions to solve the problem:**

7. Which solution will you try?



HOW TO PROBLEM SOLVE

Facilitator Instructions:

Before you start

- Introduce the tool as a fun way to learn how to solve problems.
- Start with an example scenario problem to familiarize your child with the tool.
- Regardless of age, write in the answers while your child reflects and talks aloud.
- Remember, the tool is a guide on how to facilitate, the magic is when your child can assess and process their problem solving in the safety of supportive facilitation.

Question 1: "What is the problem?"

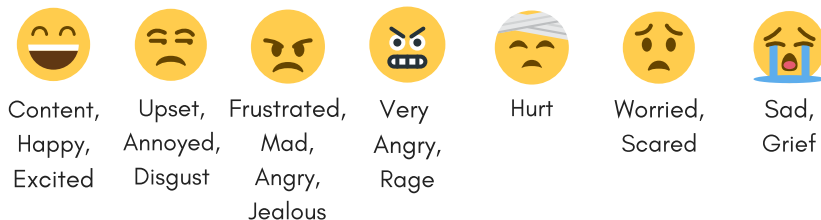
- Prepare an example scenario problem or have your child identify and describe what the problem is.
- Additional details can include: how did the problem happen? Who is involved? And why is this a problem?

Question 2: "How big is the problem?"

- Encourage your child to assess how big the problem is to them.

Question 3: "How does it make you feel and why?"

- Encourage your child to identify their own feelings related to the problem.
- Labels below are for your reference.



Question 4: "What can help you to cool down or feel better?"

- Read together or have your child read through the nine ideas. Define for them if needed.
- Encourage them to choose one or more ideas that will be helpful for them to cool down or feel better.

Question 5: "Understand your goal."

- Have your child understand what they want to achieve so it is no longer a problem.

Question 6: "Brainstorm one or more possible solutions to solve problem."

- The three solution types are reference guide of where to begin brainstorming solutions.
- Encourage your child to brainstorm solutions in relation to achieving their stated goal. Support their process, provide ideas and directions if needed.
- Weighing and comparing different solutions should be done through talking as writing may be too time consuming.

Question 7: "Which solution will you try?"

- Encourage your child to choose a solution and discuss how to apply it.