

### Parent Info:

This week focuses on problem solving.

### **Why is this important?**

Life will inevitably have its ups and downs, we all face challenges in our lives. However, it is not the lack of challenges that leads to success and wellbeing but our capacity to manage and problem solve when these issues arise.

### **How can we grow this area?**

As we have recognised across other topics, it is important to practice in order to develop new skills or enhance and build upon existing ones. The first step in building problem solving skills is helping children to identify problems. The second step is helping them to see that when we break something down in to steps it becomes more manageable. However, it is also important that they feel that they can ask for help when they need it.

### Worksheets included:

- 1) **How big is your problem?:** This is a scale to help children learn when they might need support with a problem and when it might be more suitable for them to have a go on their own.
- 2) **Problem solving:** This worksheet offers a framework to support children through a problem solving process.

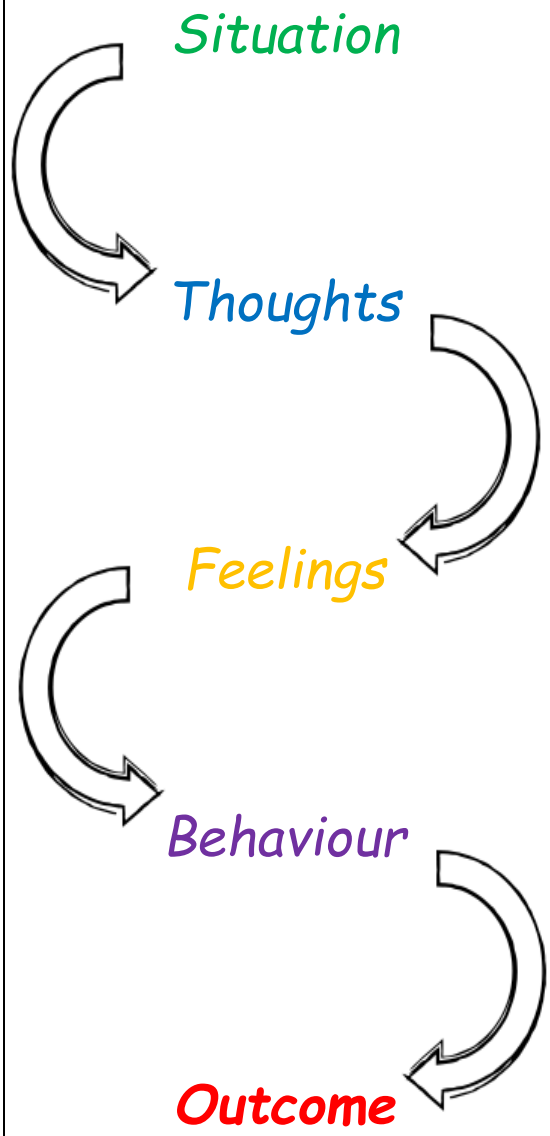
- 3) **Action plan:** This worksheet helps children think about what they can learn from the problem solving process.
- 4) **Talk to someone you trust:** This is a short information sheet that reminds children that one strategy to use for problem solving is talking. It offers some helpful conversation starters.
- 5) **Problem solving plan of action:** This worksheet offers a framework to support children through a problem solving process.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

## How big is your problem?

In this column, think together with your parent about an example of a problem this size and then write it down as a reminder to yourself!

<b>Ginormous</b>	<i>You need a lot of help from an adult</i>	..... ..... ..... .....
<b>Big</b>	<i>You can solve it with some adult help</i>	..... ..... ..... .....
<b>Little</b>	<i>You can solve it with a little reminder</i>	..... ..... ..... .....
<b>Tiny</b>	<i>You can solve it all by yourself</i>	..... ..... ..... .....

**Problem solving:**



Describe the situation

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.....  
.....  
.....

What were your thoughts

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.....  
.....  
.....

How did you feel?

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.....

How did you react?

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.....  
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What was the outcome?

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.....  
.....  
.....

## Action Plan

The Action Plan activity helps us come up with our own ideas on how to proceed when we face difficulty.

- What happened?

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- What was the result?

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- What were you thinking at the time?

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- What have you learned that can help you?

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- What new ideas do you have for moving forward?

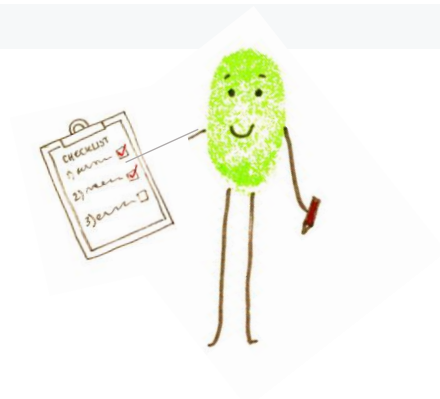
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- What's your new plan?

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- What will you think about to keep yourself going?

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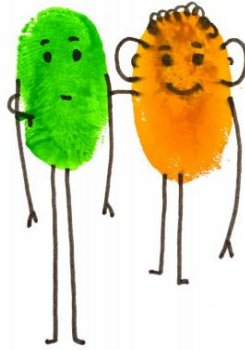


## Talk to someone you trust:

Remember you can always talk to someone you trust if something is bothering you or you have a problem. Here are some phrases that might help start off a conversation:

I have something important I need to say....

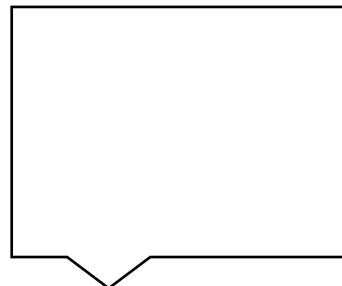
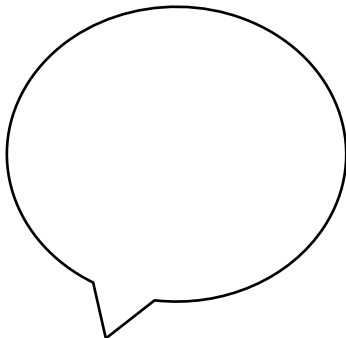
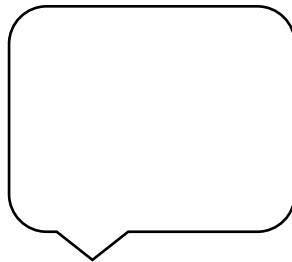
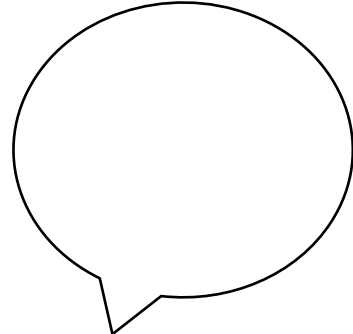
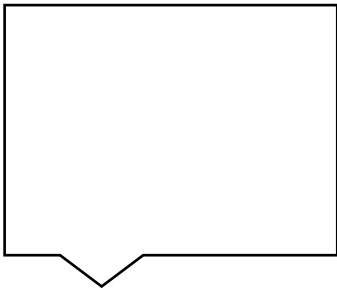
I have a problem, please can you help me?



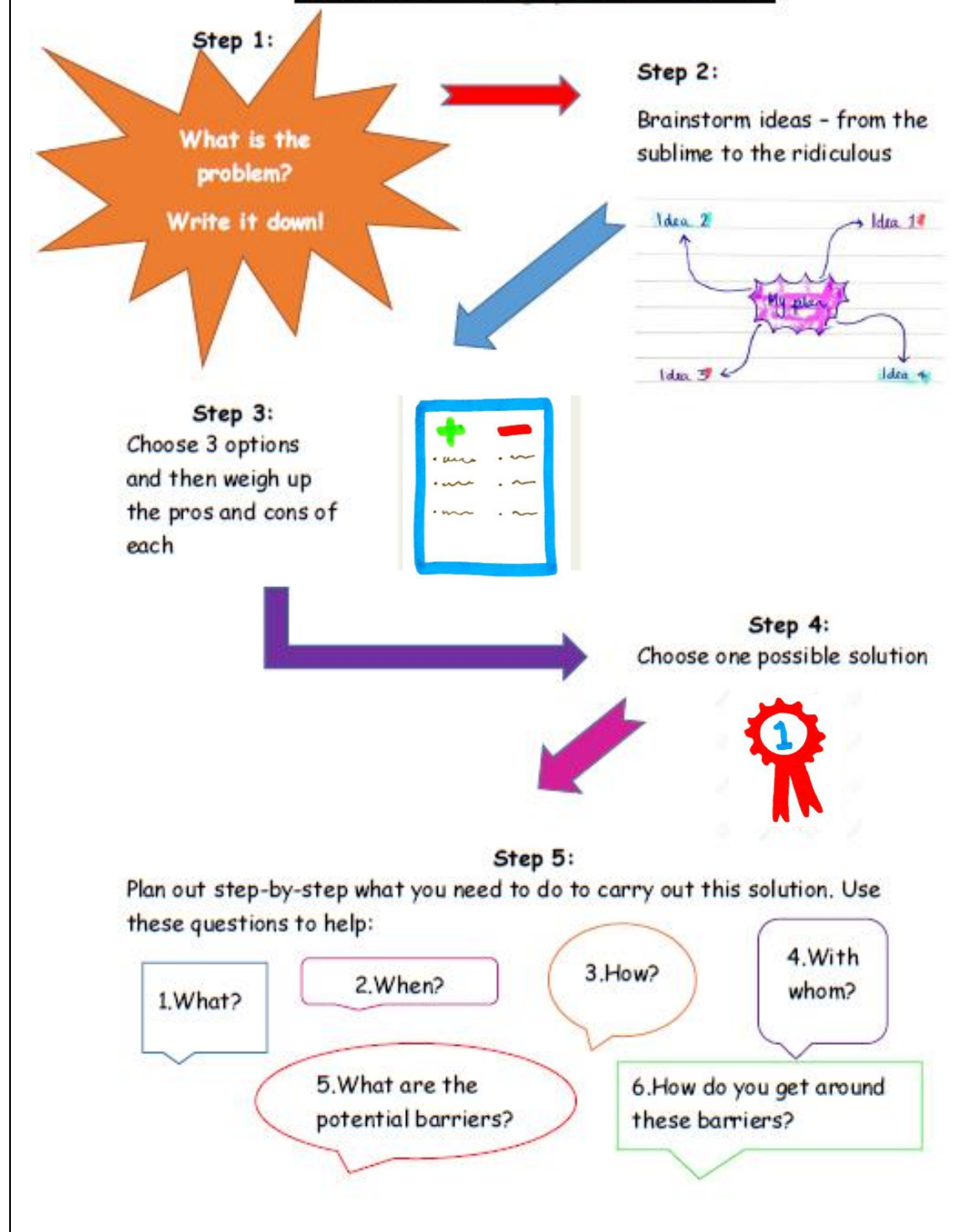
I need some help today with...

Please can I talk to you about how I am feeling?

What else could you say? What are some of the problems you might need help with right now?



## Problem solving plan of action



**3-2-1 Exercise**

**What 3 things have I learned?**

1.

2.

3.

**What are 2 things that I want to find out more about?**

1.

2.

**What 1 question do I still need to ask?**

1.