



PROBLEM SOLVER

FAMILY CONNECTION LESSON

<p>CONCEPTS TO REINFORCE:</p>	<ul style="list-style-type: none"> • Understand what the problem is • Create a plan to solve your problem • Think of others' feelings in creating your plan • Act on the plan • Revise the plan if it doesn't work • Ask for assistance if you need help with your problem • Help others solve their problems
<p>MATERIALS:</p>	<ul style="list-style-type: none"> • Jar of jam • Toast • Picture of a smiley face
<p>ACTIVITY:</p>	<p>Instructions: Show a bottle of jam. Discuss definitions for the word jam. Ask if anyone has ever heard the idiom, "You're in a jam." This idiom means you have a problem.</p> <p>Show a piece of toast. Discuss definitions for the word toast. Have you ever heard someone say, "You're toast?" This idiom means you are in a lot of trouble!</p> <p>Problems, if not solved in the right way, can get us into trouble. We don't want to be toast, so let's learn to solve problems.</p> <p>There are good ways and bad ways to solve problems. If I tell you a good way to solve a problem, slide the jam jar to the smiley face on the table. If I tell you a bad way to solve the problem, slide the jar toward the toast. See examples below.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • Take something away from someone if it bugs you and you have a problem with it. (Toast) <i>You should always consider others' feelings when you try to solve a problem.</i> • Your problem is not always their problem. (Smiley Face) • Try to understand what the problem is and make a plan to solve it. (Smiley Face)

ACTIVITY (CONT.):	<ul style="list-style-type: none"> • Hit someone if they try to hit you instead of getting an adult to help you. (Toast) <i>Hitting is never a good conflict-resolution skill.</i> • Ask an adult to help you if you can't solve a problem on your own. (Smiley Face) • If your plan to solve the problem does not work, revise your plan and try to solve it again. (Smiley Face) • Spread rumors or tell everyone how much you don't like a bully who bothers you. (Toast) <i>This never solves the problem. Bullies sometimes are just trying to get friends or get attention in their own dysfunctional way.</i>
ACTIVITY TALKING POINTS:	<ul style="list-style-type: none"> • Why is it important to think about others' feelings when you decide how to solve a problem? • Who can you ask for help if you're not sure how to solve a problem? • In what ways can a bad solution create more problems?
FAMILY DISCUSSION:	Expand on the reasons why each solution is a good or bad way to solve a problem.
CONCLUSION:	Make sure your child(ren) know who they can ask for help when they have a problem they're not sure how to solve. If necessary, talk about common problems your child(ren) have at home or school and help them think of several different, good ways they could solve that problem in the future.
TREAT:	JAM ON TOAST
ADDITIONAL RESOURCES:	<ul style="list-style-type: none"> • <i>My Troll Patrol: Problem Solver</i> by Courtney Johnson and Katelyn Johnson • <i>Ladybug Girl and Bumblebee Boy</i> by Jacky Davis • <i>Princess Smartypants</i> by Babette Cole

"The first thing you have to do is ask yourself what the problem is. . . you have to know what the problem is before you can solve it."

