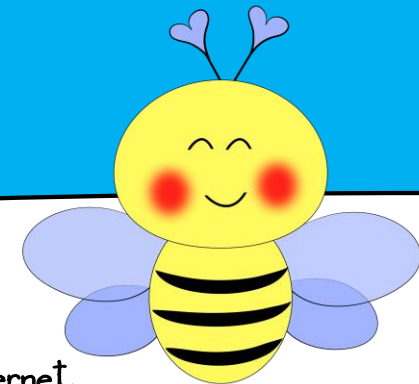


Problem Solving



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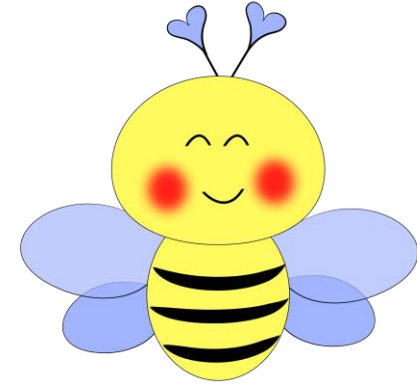
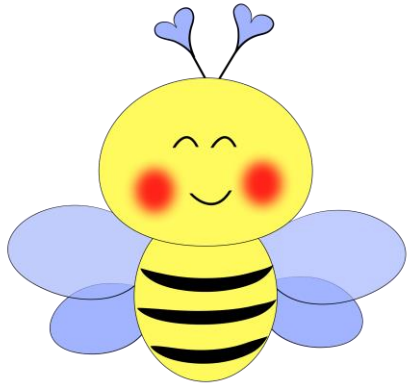
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Good Choice/Poor Choice Cards and Game

The board game includes a central board with a grid of spaces. The board is divided into two sections: 'GOOD CHOICE' (marked with thumbs up) and 'POOR CHOICE' (marked with thumbs down). A central box says 'Place cards here face down'. The board has a 'Finish' space and numbered spaces from 10 to 25. Instructions for movement are provided for each space:

- 10: Move forwards 1 space (thumbs down)
- 11: Move back 1 space (thumbs up)
- 12: Move back 1 space (thumbs up)
- 13: Return to start? (thumbs up)
- 14: Move forwards 1 space (thumbs down)
- 15: Move forwards 2 spaces (thumbs up)
- 16: Move forwards 2 spaces (thumbs down)
- 17: Move forwards 2 spaces (thumbs down)
- 18: Move forwards 2 spaces (thumbs up)
- 19: Move back 5 spaces (thumbs down)
- 20: Move back 5 spaces (thumbs down)
- 21: Move forwards 2 spaces (thumbs up)
- 22: Move forwards 2 spaces (thumbs down)
- 23: Move forwards 2 spaces (thumbs down)
- 24: Move forwards 2 spaces (thumbs up)
- 25: Move forwards 2 spaces (thumbs down)

Surrounding the board are several cards with illustrations and text:

- Card 1: Illustration of a boy sitting on the floor. Text: 'Using your calming strategies when you feel angry or anxious' (thumbs up).
- Card 2: Illustration of a boy writing a letter. Text: 'Writing a letter to someone to say sorry' (thumbs up).
- Card 3: Illustration of a boy saying 'I'm sorry'. Text: 'Saying mean things to someone' (thumbs down).
- Card 4: Illustration of two boys, one tripping the other. Text: 'Tripping someone over' (thumbs down).
- Card 5: Illustration of a girl writing in a notebook. Text: 'Doing things you shouldn't be doing in class' (thumbs down).

The ELSA support logo and website address (www.elsa-support.co.uk) are visible at the bottom left of the board.



Problem Solving

When children encounter problems they can sometimes choose the wrong path resulting in sad feelings or angry feelings. There might be guilt or remorse afterwards. Help children to reflect on what they have done by thinking of other ways to solve the problem. Please example below...

Problem Solving Example

What happened?
Jason pulled a face at me when we were sitting on the carpet listening to the teacher.

What did you do?
I pulled one back and then pushed him over

What could you have done instead?
I could have just ignored him and got on with listening to the teacher. He would have been bored then without a reaction from me.

How did it make you feel?
sad

How would you feel then?
ok

What was the consequence?
The teacher was mad at me. She thought it was my fault and I missed 5 minutes of play. Jason hurt his nose on the carpet.

What would the consequence be now?
I would be playing outside with all my friends and the teacher would be happy with me. Jason wouldn't have hurt his nose.

Work through the questions and see which way is best. Remember next time you have a problem to choose the better way.

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Problem Solving

What happened?

Work through the questions and see which way is best. Remember next time you have a problem to choose the better way.

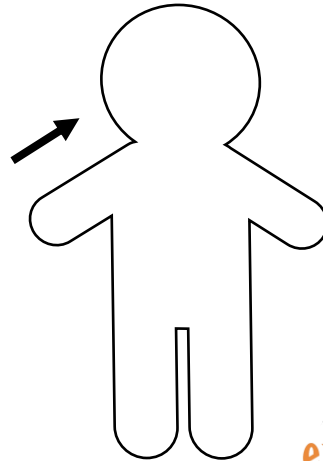
What did you do?

What could you have done instead?

What was the consequence?

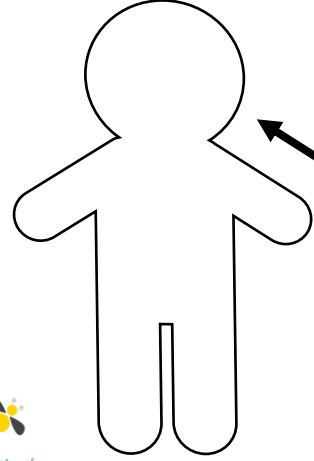
?

How did it make you feel?



?

How would you feel then?



What would the consequence be now?

Problem Solving

Example

What happened?

Work through the questions and see which way is best. Remember next time you have a problem to choose the better way.

What did you do?

Jason pulled a face at me when we were sitting on the carpet listening to the teacher.

What could you have done instead?

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I could have just ignored him and got on with listening to the teacher. He would have been bored then without a reaction from me.



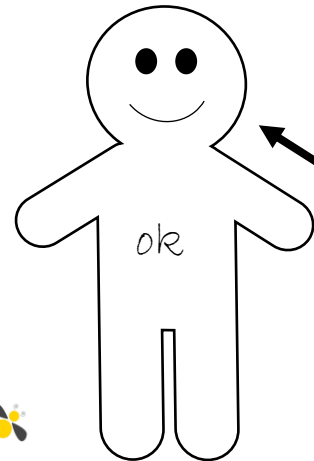
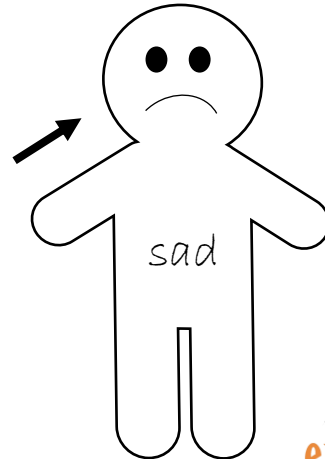
What was the consequence?

How did it make you feel?

How would you feel then?

What would the consequence be now?

The teacher was mad at me. She thought it was my fault and I missed 5 minutes of play. Jason hurt his nose on the carpet.



I would be playing outside with all my friends and the teacher would be happy with me. Jason wouldn't have hurt his nose.