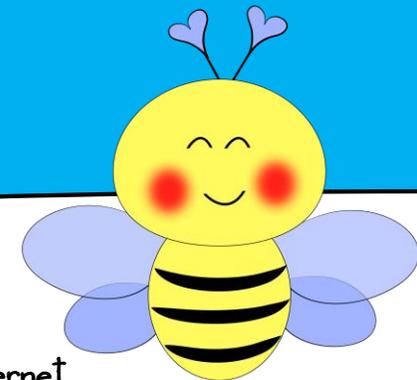


Problem Solving



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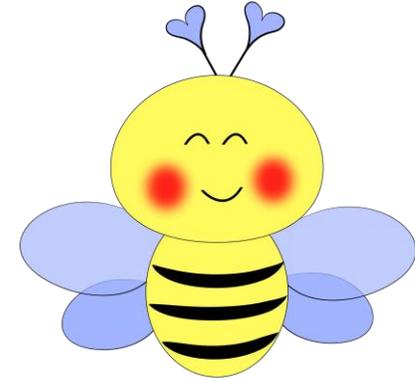
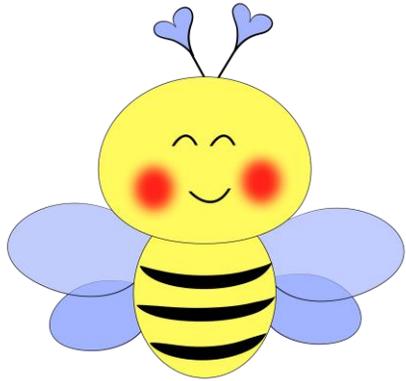
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Good Choice/Poor Choice Cards and Game

GOOD CHOICE POOR CHOICE?

Place cards here face down

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

Using your calming strategies when you feel angry or anxious

Writing a letter to someone to say sorry

Saying mean things to someone

Tripping someone over

Doing things you shouldn't be doing in class

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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.

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?

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?

How would you feel then?

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.

sad

ok

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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.

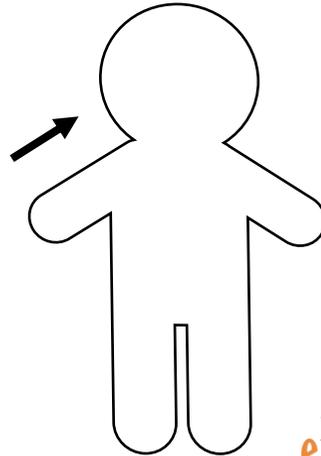
What did you do?

What could you have done instead?

What was the consequence?

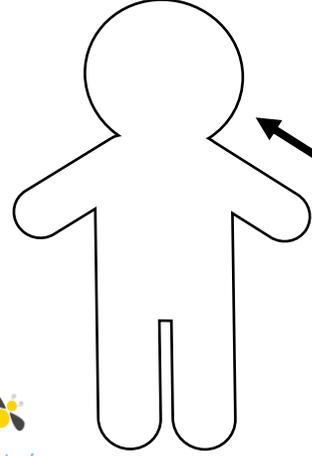
?

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?

I pulled one back and then pushed him over

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

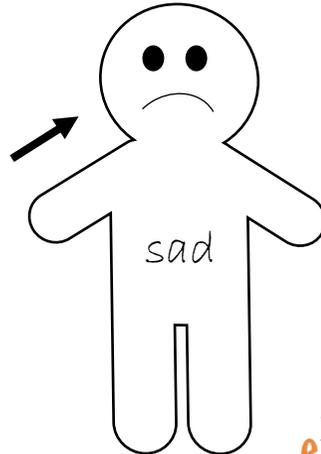
What could you have done instead?

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.

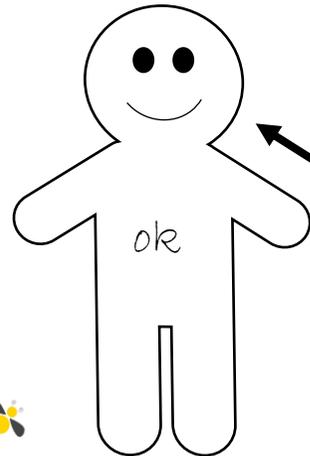
What was the consequence?

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.

?
How did it make you feel?



?
How would you feel then?



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.