



## Lesson 8: Problem Solving

### Primary Goals:

1. Help students identify problem situations
2. Help students develop solutions to problems
3. Identify situations where problem solving solutions are needed
4. Capitalize on in-vivo opportunities to encourage and reinforce student use of problem solving in the classroom

### Materials for Main Lesson:

- Steps in Problem Solving Chart
- Solutions Chart
- Book: Talk and Work It Out by Cheri J. Meiners

### Materials for Supplemental Activities:

- Steps in Problem Solving Chart
- Solutions Chart
- Solutions prompt sheet (art)
- Book: Talk and Work It Out by Cheri J. Meiners



## Lesson 8, part 1: Problem Solving (10 minutes)

**Teacher:** "Over the past few weeks we have learned about our feelings, reasons we might feel mad or sad, and things we can do to calm down. Today we are going to talk about how to solve problems."

Facilitate an introductory conversation about problem solving by asking:

"Can someone tell me what a problem is? Or can someone give me an example of a problem?"

*Give students a chance to respond and facilitate conversation around 2 to 3 student answers.*

**Teacher:** "A problem is something that we have to figure out. Sometimes we have problems when we are trying to write or draw, like not being able to find the color that we want. Other times we may have problems with our friends, like if they have a toy that we want. Sometimes when we have problems, we can feel mad or sad. Learning how to solve our problems can help us to feel better."

**Teacher:** "Let's think of some problems that we might have at school that might make us feel mad or sad."

*Allow students to respond and write down a list of common problems that students generate.*

*Praise class for generating different problem scenarios.*

**Teacher:** "We just came up with a lot of different problems we might have at school. We all experience problems at different times, and it is important for us to learn ways to solve our problems. So now, we're going to try to solve these problems by thinking of solutions to our problems. Solutions are good choices that we make that can help us feel better and make our teachers and classmates happy."

"What are some things you can do when you [insert a problem that a student named]?"

*Encourage students to generate ways to solve/respond to the problems they named.*

*Praise class for generating responses to the problem.*

**Teacher:** "You all thought of some great ways that you can solve a problem. Here are some more ways that we can solve problems in the classroom."

*Introduce the Solutions Chart and review the various solutions with the class.*

**Teacher:** "To help us remember how to solve our problems we can follow some problem solving steps. When you have a problem, first, you have to say what the problem is. Next you have to think of a solution (*refer to the Solutions Chart*). And lastly, you have to use the solution."

*Introduce and review the steps for problem solving, using the problem solving chart.*



## **Lesson 8, part 2: Book Reading (10 minutes)**

Read aloud:

Talk and Work It Out by Cheri J. Meiners

- Before Reading:
  - Ask the students what they think the book will be about and why they think that.
- During Reading:
  - Ask the students to:
    - Tell how they think each child feels.
    - Tell how they might solve the problems.

## Supplemental Activities (OPTIONAL)



### Activity: Practice Problem Solving

- Practice using problem solving skills by doing a live-action role play or using a puppet or doll to act out scenarios where problem solving is necessary.
  - Act out a scenario in which one puppet refuses to share toys.
  - Discuss how the puppets could solve their problem - use the problem solving steps chart as needed to guide the students.
  - Write down solutions the students generate.
  - Discuss which solutions will work and which are fair, etc.
    - Use the Solutions chart as needed to help students generate ideas.
  - **BONUS: Remind students to use problem solving techniques in real situations in the classroom and praise their problem solving efforts and practice.**



### Art: Draw a Problem Solving Technique

- Give each child the "When I have a problem I can..." prompt page and ask them to draw a picture (from the Solutions Chart) of their favorite problem solving technique.
  - Ask the child for a time when he or she used this problem solving technique either at school or at home.
  - If the child is having difficulty, you can give an example of a time that the child used or an example of when the child can use the technique in the future.
  - Remind students that we all experience problems at different times and that it is important for us to learn ways to solve them.



## Music and Movement: Choosing a Solution Song

- Play the song: Kelso posted by CanadaDarling on YouTube.

<https://www.youtube.com/watch?v=SrpG8Tk9f8o>

- Encourage the students to watch the video, listen and sing along.
- Engage the students in a discussion about choosing solutions for the problems in the video.

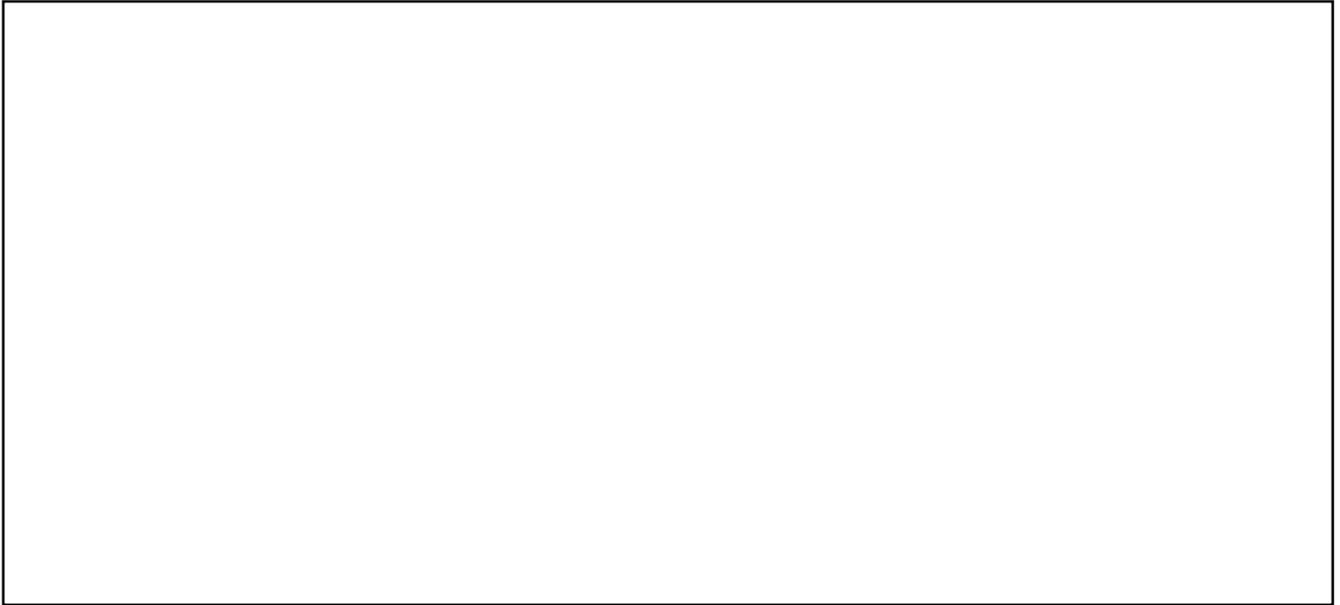


## Book Re-Reading

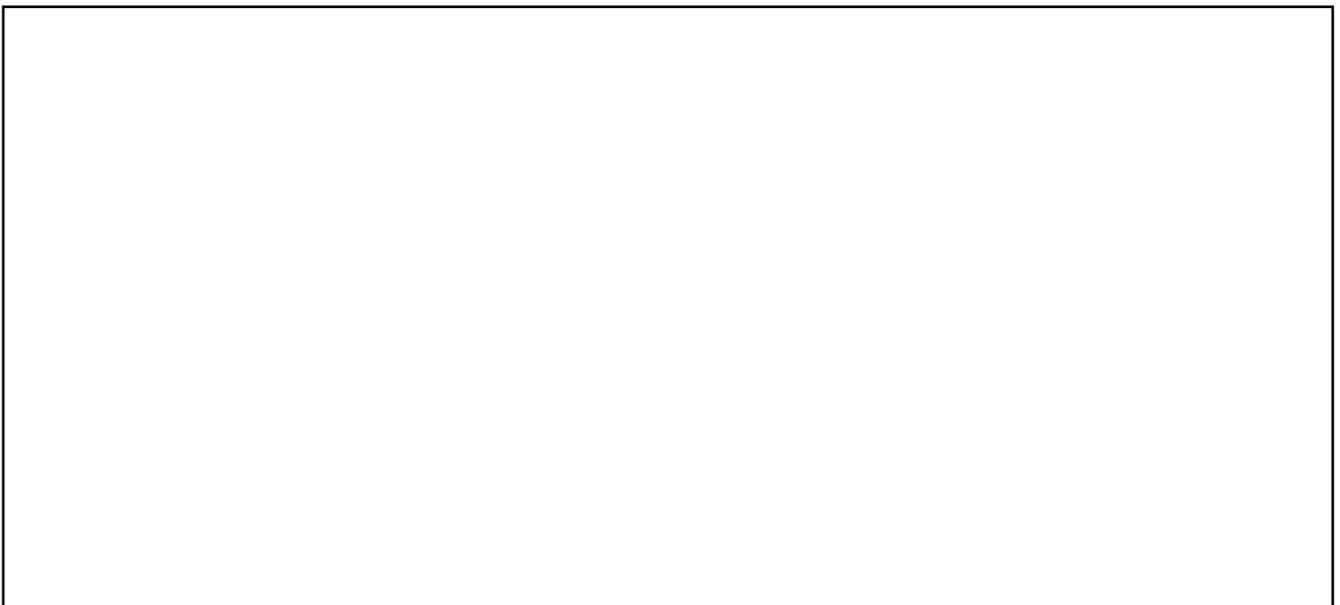
Reintroduce the book Talk and Work It Out by Cheri J. Meiners

- Ask the students what they remember about the book (e.g., ways to solve problems)
- During the re-read:
  - Ask the students to:
    - Tell how they might solve the problems.
    - Tell how they think each child feels.

When I have a problem, I can...

A large, empty rectangular box with a black border, intended for a student to write their response to the prompt above.

When I have a problem, I can...

A second large, empty rectangular box with a black border, identical to the first one, for another student's response.

# Problem Solving Solutions

Say "Please Stop"



Ask For Help



Say How You Feel



Walk Away



Play Together



Share & Take Turns



Play With Someone Else



# ***Steps for Problem Solving***

**1. “What is the problem?”**



**2. “What is a good solution?”**



**3. Do it!**

