Copies of worksheets

My child's problem solving

STEP 1 Name it:

The problem is

STEP 2 Come up with some possible solutions – go on, add some funny and ridiculous ones too, it helps with imagination.

STEP 3 Have a think about each solution and how good you think it is – will it solve the problem completely or maybe even just a little?

STEP 4 Choose one or two of your favourite solutions – they don't have to be perfect, in fact most of the time solutions are not perfect, they're just OK.

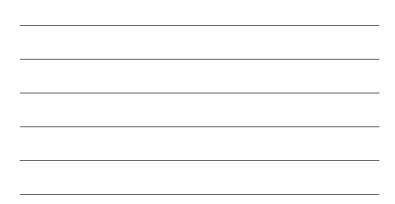
My favourite solutions are

STEP 5 Plan how and when you will try them out.

STEP 6 Try them. Did it work?

Teenage Depression

STEP 7 If not, try some other ones – which ones will you try next? Do you need to think of some extra solutions?



STEP 8 Stop and remind yourself that it's great you have remembered to practise solving problems, no matter what the outcome.

How do you feel now?