For successful problem solving, it can be helpful to ask yourself some questions that will help you brainstorm solutions. Here are a few questions to start the brainstorming process:

- Can I fix the problem on my own or do I need help from others?
- Do I need to do something about this problem now, or will it resolve on its own with time?
- Has this problem come up before, what did I do to fix that problem?
- If my friend had this problem, what advice would I give them to resolve it?

Problem solving helps your child:

- Be open to other people’s point of views
- Be aware of their own values
- Build confidence
- Be empathetic of other people’s needs
- Develop good communication skills

Information adapted from:
Action Plan

Goal: What do you want to do?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Plan: How do you want to complete your goal?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Plan: What is your back up plan if your original plan doesn’t work?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Do: When do you want to try your plan?
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Check: How did it go?

None of my plan worked  Some of my plan worked  My plan worked; I met my goal!