



# NCPMI Problem Solving Steps

## Wrist Cards

### Teaching the Problem Solving Steps

When faced with conflict many young children have difficulty coming up with appropriate solutions. They might act out in anger or with frustration for lack of a more appropriate way to deal with the situation. Children need to be specifically taught the problem solving steps, to be able to think of multiple alternative solutions, and to understand that solutions have consequences. Teachers might use the Problem Solving Boy or Girl and The Solution Kit Cards.

#### Solution Kit

[https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills\\_solution-kit.pdf](https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf)

Teach steps by:

- ▶ Using role play
- ▶ Using puppets
- ▶ Keeping visuals of problem solving steps posted around the room
- ▶ Reviewing the *We Can Be Problem Solvers!* scripted story
- ▶ Intentionally planning “problems” to help children practice solving all kinds of problems









### Making Wrist Cards

Preparing the visuals:

- ▶ Remember to make the “picture” sturdy, easy to handle, and durable.
- ▶ Either print on cardstock, or glue to a file folder, then cover with contact paper or laminate.
- ▶ With a hole puncher, punch out the holes on the upper left circles on the cards.
- ▶ Place the four cards in order on metal ring and add to a lanyard or key chain.
- ▶ Keep within reach & review with children as needed.

# Problem Solving Steps

## Wrist Cards

 <p><b>Step 1.</b> What is my problem?</p>	 <p><b>Step 2.</b> Think, think, think of some solutions.</p>	 <p><b>Step 3.</b> What would happen if...? Would it be safe? Would it be fair? How would everyone feel?</p>	 <p><b>Step 4.</b> Give it a try!</p>
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