



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

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



A cartoon boy with curly brown hair, freckles, and a thoughtful expression. He is wearing an orange long-sleeved shirt. A light blue thought bubble containing a large blue question mark is positioned above his head.

Step 1. What is my problem?



The same cartoon boy is shown with a happy expression, pointing upwards with his right hand. A light blue thought bubble containing a glowing yellow lightbulb is positioned above his head.

Step 2. Think, think, think
Of some solutions.



The cartoon boy has a neutral expression. Two yellow smiley face icons are on the left, and one yellow frowny face icon is on the right, representing different potential outcomes.

Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



The cartoon boy is smiling broadly and has his arms raised in a celebratory gesture. A green speech bubble containing the word "Go!" in white text is positioned above his head.

Step 4. Give it a try!



A cartoon girl with braided brown hair, freckles, and a thoughtful expression. She is wearing a yellow long-sleeved shirt with a green hem. A light blue thought bubble containing a large blue question mark is positioned above her head.

Step 1. What is my problem?



The cartoon girl is shown with a happy expression, pointing upwards with her right hand. A light blue thought bubble containing a glowing yellow lightbulb is positioned above her head.

Step 2. Think, think, think
Of some solutions.



The cartoon girl has a neutral expression. Two yellow smiley face icons are on the left, and one yellow frowny face icon is on the right.

Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



The cartoon girl is smiling broadly and has her arms raised. A green speech bubble containing the word "Go!" in white text is positioned above her head.

Step 4. Give it a try!