

Problem Solving Steps

1. **STOP:** Name the problem: (Answer the Five W's: Who? Where? What? Why? and When?)

2. **THINK:** What can I do? Think of as many solutions as you can. Don't worry about whether it's a good or bad solution because this will make it harder for you. Just brainstorm!

SOLUTION

1. _____

2. _____

3. _____

4. _____

5. _____

3. **EVALUATE:** What's the best solution? For each solution you brainstormed, write down what you think would happen, **OUTCOME**, if you did it. **RATE** each solution as + (good) or - (bad). Then, pick the best.

	SOLUTION	OUTCOME	RATING
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Pick the best solution and circle it!

Problem Solving Steps

Example

Here's an example for you:



1. STOP: What's the problem?

- * Who: Bully at school
- * What: Called me a "punk"
- * When: 12:30
- * Where: At recess, in front of everyone
- * Why: He likes to show off or maybe it's his way of getting attention

2. THINK: What can I do? Brainstorm solutions. Remember to think of as many as you can.



SOLUTION

1. Ignore him.
2. Insult him back.
3. Walk away.
4. Hit him.
5. Try to joke with him.
6. Hope the recess bell rings.

Any others?

7. _____
8. _____
9. _____
10. _____

3. EVALUATE: What's the best solution?

For each SOLUTION in #2, write down what you think would happen, OUTCOME, if you did it. RATE each solution as + (good) or - (bad). Then

Problem Solving Steps

Example

SOLUTION	OUTCOME	RATING (+ OR -)
1. <u>Ignore him</u>	<u>He would keep it up</u>	-
2. <u>Insult him back</u>	<u>He'd probably try to hit me</u>	-
3. <u>Walk away</u>	<u>He'd leave me alone but might think I'm a "chicken"</u>	+/-
4. <u>Hit him</u>	<u>We'd both be sent to the Principal</u>	-
5. <u>Joke with him</u>	<u>He might start laughing</u>	+
6. <u>Hope bell rings</u>	<u>It might not ring soon enough</u>	-
7. _____	_____	___
8. _____	_____	___
9. _____	_____	___
10. _____	_____	___

Pick the best solution and circle it!

4. ACT: Try out your best solution.



5. REACT: Did it work? If it did, great! If it didn't, either try it again or pick another solution from Step #3.



Problem Solving Steps

Now it's time for you to try the problem solving steps!



- Think of a problem that you have now.
Write it down here:

_____.

1. STOP: What's the problem?

- Who: _____
- What: _____
- When: _____
- Where: _____
- Why: _____

2. **THINK:** What can I do? Brainstorm solutions. Remember to think of as many solutions as you can. Don't worry about whether it's a good or bad solution — just brainstorm!

SOLUTION

1. _____
_____.
2. _____
_____.
3. _____
_____.
4. _____
_____.

Problem Solving Steps

3. EVALUATE: What is the best solution?

For each SOLUTION in Step #2, write down what you think would happen, if you did it. RATE each SOLUTION as + (good) or —(bad). Then, pick the best!

SOLUTION	OUTCOME	RATING (+ OR -)
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

Pick the best solution and circle it.

4. ACT: Try out your best solution.

5. REACT: Did it work?

* If it did, great! If it didn't, either try it again or pick another solution from Step #3.

