

# 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.

