

# Problem Solving

**Skill Area(s):**  
Stress/Behavior  
Perspective Taking

**Level:** intermediate, advanced

**Goal:** Students will learn about problem solving and ways to determine good and bad choices

**Materials needed:** Worksheet from book Inside Out, Michelle Garcia Winner pgs.16 & 17, mazes for different levels

**Activity:**

- ❖ As an introduction to problem solving, give each student a maze. Explain after they are finished that doing a maze is a problem solving activity
- ❖ Start out by talking to the group about problem solving and what it means.
- ❖ Brainstorm a list of problems with the group that they have in school, at home and in the community.
- ❖ Use the worksheet on page 17 to talk about “the one big rule” for problem solving, which is: The way you choose to solve your problem would result in either eliminating the problem or in minimizing the problems.
- ❖ Either working in small groups or individually, have students fill out the worksheet on page 16: Solving problems before they become problems.
- ❖ Have students come up with one problem and then brainstorm good and bad choices.
- ❖ Next the students write down possible consequences for each choice
- ❖ The following 5 questions ask the students to decide how they are going to solve their original problem
- ❖ Ask students to take their worksheet and try the problem solving strategy during the week to see if it works for them. Discuss results during the next group