

problem solving

This worksheet is a guide to promote discussion and thought about problem solving using Think-Feel-Be resources

Often when we face a problem in life it can seem difficult to fix. These problems might come from school, work, friends, family or personal issues. Problem solving is a skill that can be practised and you can get better at it.

The first step is to identify what the problem is. You need to clearly identify the problem. If you have more than one problem, make sure you only deal with one at a time.

Write down the problem that you may have.

The second step is to come up with some solutions to the problem you have.

Write down as many solutions to your problem that you can think of.

Sometimes it can help to talk to someone you trust to get their opinion. They could have different ideas to fix the problem than you. Tell someone that you trust what your problem is and ask them their ideas to fix the problem. See if they are the same or different than yours.

Once you have a list of ideas about how to fix your problem, choose one and write out a plan for how you can act on it.

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problem solving

Finally, you need to review the action you have taken. Has it solved your problem?
Do you need to try another solution? Are you happy with the outcome?

You can use these steps for future problems – big or small!

Choose 2 words from the Think-Feel-Be problem solving poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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