

# smart thinking at school

Smart thinking can help you to solve problems.

Some problems are easy to solve, but some problems are bigger and you have to think especially hard to solve them. Other problems you will definitely need help with. There are many different types of problems that people have. These could be:

- Hard school work
- Problems with their family
- Troubles with friends

To help you solve problems there are some steps to follow.

## **STEP 1 – Think of your problem**

Write down exactly what your problem is. Sometimes it is more than one problem, so make sure that you only try to solve one problem at a time.

## **STEP 2 – Think of possible solutions to your problem.**

Think of as many different answers to your problem as you can. You can also ask other people to make suggestions. Some of the ideas that you have might be silly and some might be good, but when you write down as many possible solutions that you can think of, it helps you feel like there is something that you can do.

## **STEP 3 – Choose one solution**

After you have written down as many solutions as you can think of, choose one solution that you feel will be most helpful. Sometimes, you may need help choosing a solution.

## **STEP 4 – Act on your solution**

Once you have chosen one solution, the next step is to act on your solution. Hopefully, because you have tried to think of all the possible solutions, you can be confident that you are choosing the right action. When you act on your solution, you will be doing something that will hopefully solve your problem.

## **STEP 5 – Review your choice**

After you have taken action to solve your problem, you can review and check if you have solved your problem. If it worked, congratulations! If it did not work, you can now go back and check any other possible solutions that you listed and try them instead, until you have a solution that works.

When you are trying to solve a problem, it can be helpful if you write down the answers to the steps above, because it is too hard to solve some problems in your head.

Also remember that there are some problems that you cannot solve by yourself and you will need to ask an adult for help.

➔ **Who can you ask for help?**

➔ **Think of a problem and try STEP 1 to STEP 5.**