

PROBLEM-SOLVING STEPS

PRINTABLE FOR KIDS

a guide
for parents!

PROBLEM-SOLVING STEPS FOR KIDS
Print and cut out the cards. Use to guide children when they are facing a problem.

MY PROBLEM-SOLVING STEPS

STEP 1

WHAT I AM FEELING?

Am I curious, calm, angry, disappointed, or anything else?



STEP 4

WHAT WOULD HAPPEN IF...?

What would happen if I tried each of these solutions?



STEP 5

WHICH ONE WILL I TRY?

I will choose one or more solutions to try. If the solution doesn't work, I will try again with another solution from Step 3. I will keep trying until the problem is solved.

HOW TO TEACH PROBLEM-SOLVING TO CHILDREN

A GUIDE FOR PARENTS

STEP 1 WHAT AM I FEELING?

Noticing and naming emotions diffuse their charge and gives your child a chance to take a step back. Explain that ALL emotions are acceptable, there are NO "bad" emotions. If needed, guide your child to a calming space to process their emotions so they can problem-solve, learn and grow.



STEP 2 WHAT'S THE PROBLEM?

Guide your child to formulate the problem. Repeat back what they said, "So you're saying..." This will help them feel heard and understood. Help them take responsibility for the problem rather than pointing fingers.



STEP 3 WHAT ARE THE SOLUTIONS?

Encourage your child to list as many solutions as possible. Write them down. At this point, they don't even need to be "good" solutions, you're just brainstorming. Say, "What are some things you can do to fix this?" Help to brainstorm some ideas if they need more support.



STEP 4 WHAT WOULD HAPPEN IF...?

Ask, "What would happen if you tried these solutions?". "Is the solution safe and fair?", "How will it make others feel?" It's important for your child to consider both positive and negative consequences of their actions. Ask, "What do you think will happen next? What do you think would happen if...?"



STEP 5 WHICH ONE WILL I TRY?

Guide your child to pick one or more solutions to try. If the solution doesn't work, go back to the list. They've learned valuable information and can move on to a new approach. Encourage your child to keep trying until the problem is solved. Ask, "What did you learn? What was easy? What was hard? What would you do differently next time?"



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