



## FOLLOW-UP TO IT'S A BIG PROBLEM! TEACHING CHILDREN PROBLEM SOLVING SKILLS

Teacher Time Webinar, February 21, 2014

Thank you for participating in February's Teacher Time webinar. Please send your problem-solving ideas, activities, songs, or strategies to us at [ncqtl@uw.edu](mailto:ncqtl@uw.edu), and we will send you a token of our appreciation.

WHAT WE TALKED ABOUT	HOW TO APPLY IT
<b>Presentation: Teaching Children How to Solve Problems</b>	
<p><b>We discussed how to:</b></p> <p>Help children strive towards independent problem solving</p> <p>Teach children how to recognize when they are having a problem</p> <p>Teach children simple problem solving steps</p> <ol style="list-style-type: none"> <li>1. What is my problem?</li> <li>2. Think, think, think, of some solutions.</li> <li>3. What would happen if...?               <ul style="list-style-type: none"> <li>✓ Would it be safe?</li> <li>✓ Would it be fair?</li> <li>✓ How would everyone feel?</li> </ul> </li> <li>4. Give it a try.</li> </ol>	<p>Ask children if it is an “elephant” problem, such as a physical fight, or is it a “mouse” problem, such as someone took my toy. Children can learn to solve mouse problems themselves.</p> <p>Encourage children to think of some possible solutions when they are calm.</p> <p><b>Possible solutions:</b></p> <ul style="list-style-type: none"> <li>• Solution kit with problem-solving cues to try, such as use a timer, take a break, or flip a coin</li> <li>• Bugs and wishes It bugs me when you _____ I wish you would _____</li> <li>• Be a Super Friend! Use the superhero theme to show children that they can use their superpowers to be super problem solvers!</li> </ul>
<p><b>Try It Out:</b></p> <p>Here are strategies teachers can use to support children through the problem-solving process. Consider how to use them when you help children solve problems.</p>	
<p><b>ANTICIPATE</b> – Think ahead and be aware of events, materials, or relationships that may cause problems.</p> <p><b>BE CLOSE</b> – Be there to help <i>before</i> a problem occurs.</p> <p><b>PROVIDE SUPPORT</b> – Help children to remember problem-solving steps, and stay in the situation until it is resolved.</p> <p><b>MULTIPLE SOLUTIONS</b> – The same solution isn't going to work every time, so have multiple solutions ready to go and encourage children to think of multiple solutions to a problem.</p> <p><b>CELEBRATE SUCCESS</b> – Acknowledge children when problems are resolved.</p>	

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<b>Resources</b>	
<p><b>NCQTL 15-minute In-service Suite</b>            Problem Solving in the Moment  <a href="http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/center/practice/ISS/problem-solving-t.html">http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/center/practice/ISS/problem-solving-t.html</a></p> <p><b>Center on the Social Emotional Foundations for Early Learning</b>  <a href="http://csefel.vanderbilt.edu/resources/strategies.html#teachingskills">http://csefel.vanderbilt.edu/resources/strategies.html#teachingskills</a></p> <ul style="list-style-type: none"> <li>• Problem-Solving Steps PowerPoint and PDF for Pre-K and Toddlers, (PowerPoint also in Spanish)</li> <li>• Solution Kit PDF</li> <li>• Solution Kit Cue Cards PowerPoint in English and Spanish</li> </ul> <p><b>Head Start Center for Inclusion</b>            Classroom Visuals and Supports on Problem Solving  <a href="http://depts.washington.edu/hscenter/teacher-tools#problem">http://depts.washington.edu/hscenter/teacher-tools#problem</a></p>	<p>Use the problem-solving steps in the PowerPoint for ideas on how to teach the steps.</p> <p>Print out the visuals from these two websites and have them ready to go. The cue cards are available in English and Spanish.</p>
<b>Resiliency &amp; Wellness</b>	
<p><b>We discussed how:</b></p> <p>Our own social-emotional health and general well-being can make the difference between effective and ineffective moments in the classroom.</p> <p>Three things you can do to improve your social-emotional well being:</p> <ul style="list-style-type: none"> <li>• Exercise</li> <li>• Eat well</li> <li>• Get good sleep</li> </ul>	<p>Think about when you feel like a superhero in the classroom. Why do you feel that way? What is working?</p> <p>Think about when you feel a little less fantastic or like a tired superhero. What might be causing that?</p> <p>As a staff, you can:</p> <ul style="list-style-type: none"> <li>• Start a walking challenge</li> <li>• Do IMIL at staff meetings</li> <li>• Start a plank challenge</li> <li>• Find a supportive buddy</li> <li>• Make a healthy food only policy for the staff room</li> <li>• Celebrate events with healthy snacks</li> <li>• Aim for 8 hours of sleep at night</li> </ul> <p>What is one next step you can take?</p>

### Looking ahead

Don't miss the Teacher's Choice webinar on **Friday, March 21, 1:00 p.m. EST (10:00 a.m. PST).**



For more information, contact us at: [NCQTL@UW.EDU](mailto:NCQTL@UW.EDU) or 877-731-0764

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