

PROBLEM SOLVING

A step-by-step worksheet to break down the steps involved with problem solving. Use this to think about the problems you're currently faced with.

STEP 1: Decide on what the problem is – name it.

The problem is:

STEP 2: Come up with some possible solutions – they can be funny and silly ones too; it helps with finding more solutions.

STEP 3: Have a think about each solution and how good you think it is – will it solve the problem completely or maybe even just a little?

STEP 4: Choose one or two of your favourite solutions. They don't have to be perfect, in fact most of the time, solutions are not perfect – they're just OK.

STEP 5: Plan how and when you will try them out.

STEP 6: Try them. Did they work?

STEP 7: If not, try some other ones – which ones will you try next? Do you need to think of some extra solutions?

STEP 8: Stop and remind yourself that it's great you have remembered to practise solving problems, no matter what the outcome. How do you feel now?