Breaking down of processes for child’s name \_\_\_\_\_\_:

Aim:

* Help a particular Child to understand a fear and process her concerns.
* Help -------learn to problem solve.

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STEPS for understanding fear:

1. Identify the feeling:

What is wrong?

Why am I feeling scared; angry or sad?

What am I afraid of?

1. What can I do?
* Ask an adult or a friend for help.
* Talk about it.
* Share my worries or concerns with my mum or teacher.
1. What could I do?
* Pray
* Take deep breaths
* Count to 10 to calm down
* Think about something I love
* Write or draw to make me feel better
* Listen to music
* Exercise
* Have a safe place to relax
* Think of a good goal to try for next time.

SEVEN STEPS TO PROBLEM SOLVING

These are basic ideas to problem solve. The student \_\_\_\_\_\_\_\_ needs to work through these steps before or when she gets into a stressful situation. We need to practise this approach in a practical way, possibly with story writing first and then friendship role play and ultimately in real situations.

There are seven main steps to follow when trying to solve a problem.  These steps are as follows:

1.    Define and Identify the Problem **What is wrong?**2.    Analyze the Problem **What can I do? Brainstorm ideas.**
3.    Identifying Possible Solutions **Take note of the good ideas.**
4.    Selecting the Best Solutions  **Choose the best ideas to think about.**
5.    Evaluating Solutions **Which will work or which can I try?**6.    Develop an Action Plan **How can I make this idea work?**7.    Implement the Solution **GIVE IT A GO!**

<http://www.pitt.edu/~groups/probsolv.html>

**This is another process problem solving strategy but needs adjustment as it is more Math related.**

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| --- | --- |
| **4 Steps to Problem Solving** |   |
| http://teacher.scholastic.com/professional/images/horizontal_rule.gif |
| Adapted from "Science World," November 5, 1993. A FOUR-STEP PROCESS Billstein, Libeskind and Lott have adopted these problem solving steps in their book "A Problem Solving Approach to Mathematics for Elementary School Teachers (The Benjamin/Cummings Publishing Co.). They are based on the problem-solving steps first outlined by George Polya in 1945. 1. UNDERSTANDING THE PROBLEM \* Can you state the problem in your own words? \* What are you trying to find or do? \* What are the unknowns? \* What information do you obtain from the problem? \* What information, if any, is missing or not needed? 2. DEVISING A PLAN The following list of strategies, although not exhaustive, is very useful. \* Look for a pattern. \* Examine related problems, and determine if the same technique can be applied. \* Examine a simpler or special case of the problem to gain insight into the solution of the original problem. \* Make a table. \* Make a diagram. \* Write an equation. \* Use guess and check. \* Work backward. \* Identify a subgoal. 3. CARRYING OUT THE PLAN \* Implement the strategy or strategies in step 2, and perform any necessary actions or computations. \* Check each step of the plan as you proceed. This may be intuitive checking or a formal proof of each step. \* Keep an accurate record of your work. 4. LOOKING BACK \* Check the results in the original problem. (In some cases this will require a proof.) \* Interpret the solution in terms of the original problem. Does your answer make sense? Is it reasonable? \* Determine whether there is another method of finding the solution. \* If possible, determine other related or more general problems for which the techniques will work.    |

<http://teacher.scholastic.com/lessonrepro/lessonplans/steppro.htm>