



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, and we will send you a token of our appreciation.

WHAT WE TALKED ABOUT	HOW TO APPLY IT
Presentation: Teaching Children How to Solve Problems	
<p>We discussed how to:</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"> 1. What is my problem? 2. Think, think, think, of some solutions. 3. What would happen if...? <ul style="list-style-type: none"> ✓ Would it be safe? ✓ Would it be fair? ✓ How would everyone feel? 4. Give it a try. 	<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>Possible solutions:</p> <ul style="list-style-type: none"> • Solution kit with problem-solving cues to try, such as use a timer, take a break, or flip a coin • Bugs and wishes It bugs me when you _____ I wish you would _____ • Be a Super Friend! Use the superhero theme to show children that they can use their superpowers to be super problem solvers!
<p>Try It Out:</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>ANTICIPATE – Think ahead and be aware of events, materials, or relationships that may cause problems.</p> <p>BE CLOSE – Be there to help <i>before</i> a problem occurs.</p> <p>PROVIDE SUPPORT – Help children to remember problem-solving steps, and stay in the situation until it is resolved.</p> <p>MULTIPLE SOLUTIONS – 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>CELEBRATE SUCCESS – Acknowledge children when problems are resolved.</p>	

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Resources	
<p>NCQTL 15-minute In-service Suite Problem Solving in the Moment http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/center/practice/ISS/problem-solving-t.html</p> <p>Center on the Social Emotional Foundations for Early Learning http://csefel.vanderbilt.edu/resources/strategies.html#teachingskills</p> <ul style="list-style-type: none"> • Problem-Solving Steps PowerPoint and PDF for Pre-K and Toddlers, (PowerPoint also in Spanish) • Solution Kit PDF • Solution Kit Cue Cards PowerPoint in English and Spanish <p>Head Start Center for Inclusion Classroom Visuals and Supports on Problem Solving http://depts.washington.edu/hscenter/teacher-tools#problem</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>
Resiliency & Wellness	
<p>We discussed how:</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"> • Exercise • Eat well • Get good sleep 	<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"> • Start a walking challenge • Do IMIL at staff meetings • Start a plank challenge • Find a supportive buddy • Make a healthy food only policy for the staff room • Celebrate events with healthy snacks • Aim for 8 hours of sleep at night <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 or 877-731-0764

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