

Name: _____

**Building
Resilience
with Hunter
and Eve**

Solving Problems

SUGGESTED FOR:
Grades K-2

Talk Time!

Find a friend and talk about the following thoughts. What are some examples of problems that you have had...

- in school?
- at home?
- with friends?
- with family?
- on your own?
- when playing a game?
- when taking a trip?
- when you were very tired?
- when you learned something new?
- when someone had an idea that was different than yours?
- when you were upset with someone?

Write Time!

Why is it important to keep trying to find a solution until something works?

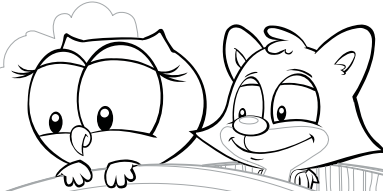
Follow These Three Steps When Solving Problems:

1. **Understand** the problem.
2. **Think** about solutions. *
3. **Keep trying** until something works. *

Think Time!

What are some solutions that could be used with different problems? Use words or pictures to fill in the empty boxes.

1. THINK before you react or do something!	2. Let each person involved have an opportunity to share their thoughts and feelings.	3. Ask for help from someone you trust.
4. Walk away.	5.	6.
7.	8.	9.



Solving Problems!

* Write or draw out a **problem** below.

Think of possible **solutions**.

* Which solution are you going to try? *

1.	
2.	
3.	

REMEMBER:
Don't give ___ until you
find something that _____!

Color in the special sentence below!

I can be a
PROBLEM-SOLVER!

