

Problem Solving

If you're struggling with a practical worry, use this step by step guide which helps to break the problem down and solve it in a more manageable way. Practical worries can feel overwhelming and it's easy to put them off. However, it's much better in the long run to solve the problem today rather than put it off until later.

(You'll need some paper and pens/pencils)

Step 1 Write down your problem in 1 or 2 sentences.

Step 2 Write down all the ideas you can think of to solve the problem (no matter what they are!).

Step 3 Make a table and write down ALL of the good things and ALL of the not so good things you can think of for each of your ideas.

	Good things	Not so good things
Idea 1		
Idea 2		

Step 4 Choose one idea that looks like it could work (if you struggle, see which one has the most good things). Ask yourself, is my idea realistic? If it isn't, choose a different idea.

Step 5 Make a plan! Write down the answers to these questions to create your plan of action!

1) What will you do?

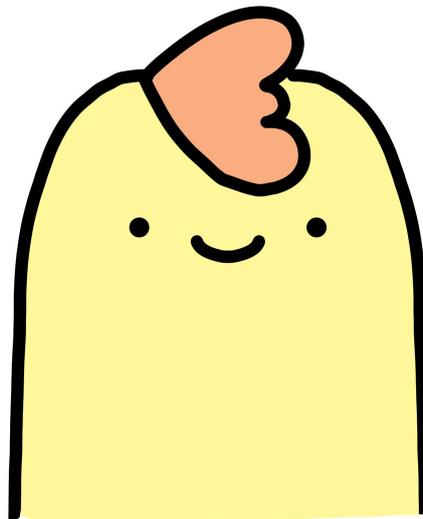
2) When will you do it?

3) How will you do it?

4) Who will you do it with?

5) Could there be any difficulties? If so, what could you do to overcome these?

Step 6 DO IT!



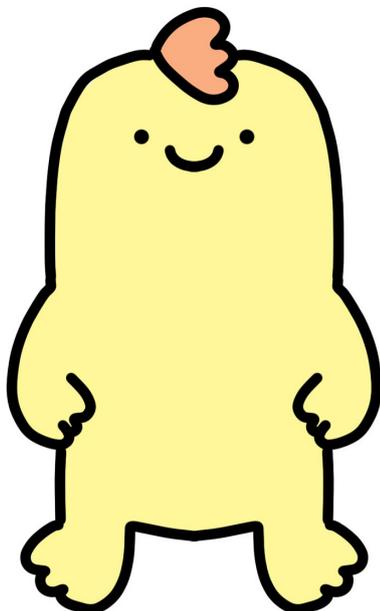
After you've done it...

Well done for giving your idea a go and for trying to solve your problem! Now, think about how it went.

Review it

Answer the following questions to help you reflect on how it went.

- 1) Was it helpful?
- 2) Did you achieve what you wanted to?
- 3) If not, could you do something differently/change something next time?
- 4) Did you achieve anything (no matter how small) towards solving your problem? Even tiny steps forward are big achievements.
- 5) What did you learn?



Remember...

Whether your solution worked really well or whether it didn't quite go as you'd hoped, you should be very proud of yourself for giving it a go! Well done!