

Problem solving

This method helps break the problem down into more manageable steps. Problems can feel overwhelming, but it's usually a lot more helpful to do what you can today rather than putting it off until later.

Tip: you can do this exercise on your own, but talking it through with a trusted adult means you might have an even better plan at the end!

Step 1 - Sum up and write down your problem in one or two sentences.

Step 2 - Take a moment to think about what you could do to resolve your problem. Write down all the ideas you can think of.

Step 3 - Make a table (like the one below) and write down all the pros and cons of all your ideas.

	Pros	Cons
First Idea		
Second Idea		

Keep writing until you've got down all your ideas.

Step 4 - Choose an idea that looks like it will work. If you aren't sure, choose the one with the most pros or the least cons.

Step 5 - Make a plan! A plan can be broken down into a number of smaller steps:

- What will you do?
- When will you do it?
- How will you do it?
- Who will you do it with?
- Are there any challenges that might come up? How will you deal with them?

Step 6 - Do it!

After you've tried the exercise...

Well done for giving problem-solving a go.

Now, think about how it went.

- Was it helpful?
- Did you achieve what you wanted to?
- If you could go back in time, would you try anything differently?
- Did you achieve anything, no matter how small?
- What did you learn?
- What advice would you give to someone who was dealing with the same problem?

No matter what the outcome, you should be proud of yourself for trying to solve your problem. Sometimes even taking the first step can make a a problem feel less of a weight upon you.