



Teaching Children to Solve Social Problems Using Solutions Stations

Cherie Cooper
Education Specialist
Region 4 ESC
ccooper@esc4.net


<http://solutionstations.wikispaces.com/>






Why teach social problem solving?

- Many of the challenging behaviors exhibited by young children are a result of social mistakes
- Social problem solving is a lifelong skill that will be applied throughout a child's academic career
- Teaching problem solving skills gives children a healthy perspective about resolving conflict






How do we teach problem solving?

Problem solving requires two very important social-emotional skills

1. Self Awareness – Understanding one's own emotions and how they can affect one's actions
2. Social Awareness – Understanding that others have emotions different than ours and that our actions can affect other people's emotions and actions





Why Use a Solution Station?

- Provides an interactive space for teaching a five step problem solving process
- The station contains tools that are developmentally appropriate and accessible
- Materials from the station may be used in any instructional setting
- May be used with literature, role-play, and contrived dilemmas to provide practice opportunities in small group and large group lessons



Solution Stations

Be a Super Problem Solver



Calm down and breathe.	What is the problem?	Think about solutions.	Choose a solution.	Take action.





Calm down and breathe.

The student will:

- Follow calming strategies
 - Turtle Technique
 - Count to 10 Cards
 - Breathing Cue Cards
- Identify emotions and emotional intensity
 - Emotions Wheel
 - Emotion Chart
 - Intensity Thermometer





What is the problem?

The student will:

- Identify his/her emotion and recognize that others have feelings
 - Emotion Face Patterns
- Describe why he/she is feeling that emotion
 - I Feel Card



I feel

because





Think of solutions.

The student will:

- Identify possible ways to resolve the problem
 - Solution Cards
- Take turns talking about solutions that will fix the problem





Choose a solution.


The student will:

- Decide which solution works best for everybody
 - Solution Cards
 - We Can Try... Cards



We can try 








Take action.



The student will


- Take responsibility for carrying out the plan

ID badges.

- Report to the class about their problem solving experience








When do we teach problem solving?

All the time!!!

- In the beginning of the year, instruction will be more intense and require more effort
- As students increase competence in their social interactions, they will become more adept at solving problems in emotionally healthy ways.






Where do we teach problem solving?

Everywhere!!!

- Solution Stations should be available in all settings
 - Classroom
 - Specials
 - Cafeteria
 - Home
 - Playground
 - Other?





Who teaches problem solving?

Everyone!!!

- Teachers
- Paraprofessionals
- Peers
- Administrators
- Parents