

# BUILDING SKILLS

# PROBLEM SOLVING

Problem solving is a key part of higher level thinking skills (executive functioning skills). Adults can teach children the skills and steps of problem solving during play and daily tasks.



## SET A GOAL

Knowing the goal or purpose of an activity, include having ideas during play tasks.

- Say the goal out-loud during daily task. *"Our goal is to be on time to preschool today."*
- Ask the child to identify the goal, help them be specific. *"What are you going to paint today?"*



## MAKE A PLAN

What are the steps to achieve the goal?

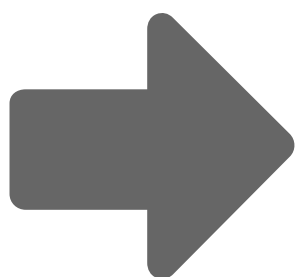
- Younger children need to focus on 2-3 steps, but older children can handle more complex tasks.
- First, tell children the steps. *"First shoes, then jacket, last car."*
- Then, guide children to state the steps. *"What should we do first?"*



## GET ORGANIZED

What are the materials, space, or time need to achieve the goal?

- First, tell children what is needed. *"Go find a bowl and spoon."*
- Then, guide children to get themselves organized. *"What do you need to make the muffins?" "When should we start?"*



## DO THE PLAN

Take action!

- Each task has its unique challenges. Adults can teach strategies specific to each tasks and support children to ensure success.
- Specific skills can include attention, impulse control, memory, frustration tolerance, and emotional



## CHECK YOUR WORK

Monitor for mistakes and change the plan as needed

- Critical skills:
  - Self-awareness and monitoring
  - Error recognition
  - Attention to task
  - Flexible thinking and adaptability
  - Judgement and problem-solving



## COMPLETE THE GOAL

Was the goal met?

- Time to revisit the goal evaluate if the plan worked.