

Social Emotional Learning

Lesson 5: Responsible Decision-Making Solving Problems

SEL Objectives:

- To encourage children to evaluate their problems solving ideas by considering OK and Not OK choices
- To encourage children to think about the consequences of their behaviour
- To encourage children to correctly identify positive solutions to problems

Talking Points:

- This lesson aims to discuss ‘general problems’ that children may experience with siblings, friends and parents. It is important to remind your child/children that in order to problem-solve effectively we must follow the following process:
 - Do Turtle (this concept of stopping and calming down was explored in lesson 2)
 - Say the problem and how you feel
 - Identify choices
 - Evaluate the choices
 - Pick one and try it out

You can assist your child/children by modelling this process yourself. Using a problem you may have had recently eg something wasn’t working properly or someone wouldn’t share with you and talk yourself through the steps out loud to show how you resolved your problem.

- After you have shared your example, ask your child/ children if they think your choices were ‘OK or NOT OK’ and if they think you picked the best solution. Possible questions might include:
 - ‘*Why do you think I did Turtle before I solved my problem?*’ (This is reinforcing the importance of calming down before trying to fix a problem.)
 - ‘*Which of my choices was an OK choice to try?*’
 - ‘*Which of my choices was NOT OK to try?*’
 - ‘*Why do you think ... was NOT an OK choice?*’



- In our video clip we learn that Henrietta has a problem with her friend Duke because they were not sharing the tablet. Some question prompts might be:
 - *‘Why is Henrietta feeling angry?’* (Duke not sharing/ taking turns.) *‘Has something like this ever happened to you?’*
 - *‘Tell me about a time when you have felt angry when someone didn’t share with you.’*
- Henrietta chooses a ‘NOT OK’ behaviour when Duke isn’t sharing with her. Discuss with your child about how that makes everyone feel in that situation. How would both characters feel during this time? You may also want to link it back to the time your child has previously discussed with you by getting them to think of their behaviours during that time. Were they OK or NOT OK choices?
- In the video we also see Henrietta and Duke come up with a solution for their problem. Reinforce the message that a solution solves a problem and makes things better. Discuss with your child more solutions for Henrietta and Duke and their sharing problems, asking each time - would this be an OK or NOT OK choice?

Accompanying Video:

The Barnardo’s SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 15/05/2020.

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School:	Problem Books
Age 4-7:	Solving Problems Adventure Game
Age 7-11:	Problem Tales

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.