

Problem Solving Steps



Step 1. What is the Problem? We need to know what the problem is before we can solve it. Why do you feel angry or upset?



Step 2. Think of some solutions. It is helpful to think of as many different solutions to the problem as possible. Not every solution will work.



Step 3. What would happen? Think about what would happen if you chose each of the solutions you came up with. Is the solution safe? Is the solution fair? How will everyone feel?



Step 4. Try the Solution! Choose a solution. Try your solution. Did it solve the problem? If the solution does not solve the problem, you can try one of the other solutions you came up with.