

# Problem Solving Cards

Step 4 of Emotion Coaching is Problem Solving. When the child is calm we try to find solutions with them. This is quite difficult for young children and we may need to role model using a problem solving approach to conflict resolution. One idea is to have a set of solution cards or suggested ideas for problem solving which we can work through with the children asking – would this solve the problem?



One setting created a problem solving display that children could refer to.

Another setting printed the cards with an image and word depicting each solution and created them into a pack of cards.

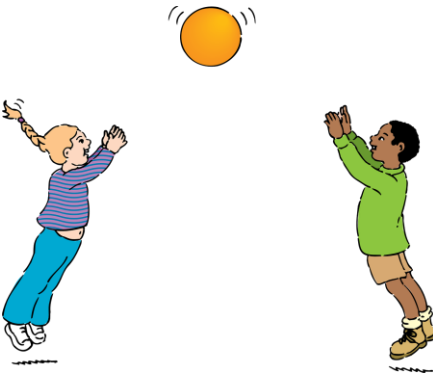


Whenever possible, we will want to follow the child's lead and value all attempts at finding solutions. If they suggest a solution that we do not think is workable, for example, "Buy another one..." tell the child this is a great idea and would solve the problem, however, we haven't got enough money to do that... This way we are valuing their contribution whilst still seeking to find a solution that works for everyone, children and adults included.

The following pages contain images and words for suggested solutions to enable you to print and create your own resource.



Get a  
teacher



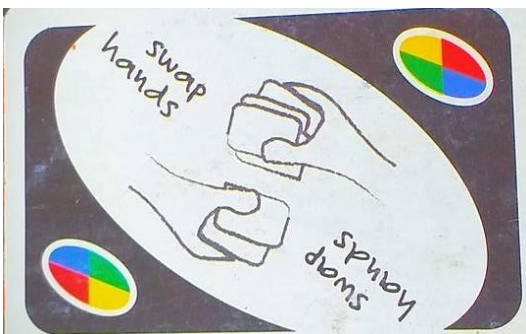
Take it in  
turns



Use a timer



Ignore



Swap



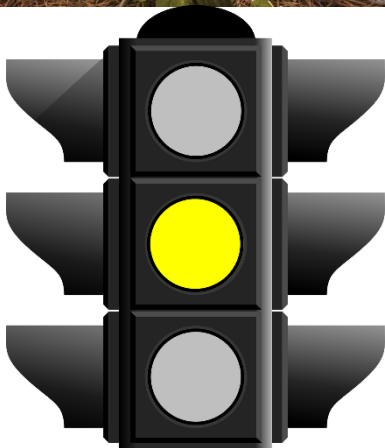
Buy  
another  
one



Play with  
something  
else



Play with  
someone  
else



Wait





Ask a friend  
to help



Say please



Think of a  
solution



Play  
together