

## Social Emotional Learning Resources for Secondary Families (Lesson #5)

Plano ISD would like to provide parents with strategies and tips to support their child's social emotional development at home. These social and emotional skills are essential for navigating through today's current events and for meeting life's challenges in the future.

### ⑦ SOLVE PROBLEM-SOLVING STEPS


**S**top and think.  
*What am I feeling? How can I get ready to problem-solve?*

**O**bjectively state the problem.  
*What is the problem from each person's viewpoint?*

**L**ist possible options and outcomes.  
*What are some solutions? What are likely consequences?*

**V**oice your choice and act.  
*What is the optimal solution? How should I/we act on it?*

**E**valuate and adjust.  
*Is it working? If not, what can I/we do now?*



ACTION	REFLECTION
<ul style="list-style-type: none"> <li>→ Start any conflict de-escalation by seeking each side's perspective, to get to an agreed-upon problem statement (e.g., "You feel as if you did more than your share on the project - but she feels as if you were bossing her around").</li> </ul>	<ul style="list-style-type: none"> <li>→ To help students get to a problem statement, ask:                             <ul style="list-style-type: none"> <li>- What do you think led to the disagreement?</li> <li>- What do you think [the other person] was thinking/feeling?</li> <li>- What were you thinking? What were you feeling?</li> <li>- Were there any other circumstances that led to the disagreement?</li> <li>- How does seeing the other person's perspective help with the problem-solving process?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ Ask questions to help students brainstorm solutions without adding opinions. Judgmental statements can shut down brainstorming flow.</li> </ul>	<ul style="list-style-type: none"> <li>→ To help students brainstorm, ask:                             <ul style="list-style-type: none"> <li>- What are at least four different solutions to this problem? (Note: Early solutions may come easily, but later solutions are often more creative.)</li> <li>- What are the pros and cons of each solution option?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ Ask questions to help students reach an optimal solution.</li> </ul>	<ul style="list-style-type: none"> <li>→ To help students choose a solution, ask:                             <ul style="list-style-type: none"> <li>- Of the different solutions, which one do you think would have the best overall outcome? Why?</li> <li>- What are possible obstacles to that solution? What would help you overcome those obstacles?</li> <li>- How will you know if your solution is working?</li> </ul> </li> </ul>

### SEL Essentials for Parents

Each time there is a big decision to make or problem to solve, take the time to go through the SOLVE steps as a family.

When reading a story in which a difficult situation arises or reflecting on a memory of a problem, ask your children to think about what steps were done well and what steps could have been done better. Ask them to think about how the results would have been different if those involved had used the problem-solving steps more effectively.