

Picture Description Match

Follow the instructions to complete the activity.

NAME

DATE

Look at the pictures of people, objects, or actions associated with problem solving. Write the letter for each sentence in the box beside the picture that it matches.



A

Taking time to find a solution to resolve a conflict



B

Being a good listener



C

Practicing teamwork while solving problems



D

Sharing problems with a trusted adult



E

Sharing stressful problems with friends and using teamwork to solve them



Using information found in *Problem Solving*, verify whether the following statements are true or false. Check your answers in the book. If the answer is false, write the correct answer below the statement. List the page number where you found the information beside your answer.

Statement 1	<div style="border: 1px solid black; padding: 5px;">It is important to try to solve problems on your own. No problems are too big to tackle by yourself.</div>	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	<div style="border: 1px solid black; padding: 5px;">Problems are obstacles or challenges that get in the way of our goals and activities.</div>	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	<div style="border: 1px solid black; padding: 5px;">You should talk to teachers, parents, or other trusted adults about problems that affect the safety or health of you and others.</div>	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	<div style="border: 1px solid black; padding: 5px;">When you or someone you know encounters a problem, encourage others to brainstorm with you.</div>	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	<div style="border: 1px solid black; padding: 5px;">Problem solving can help us resolve problems quickly at the cost of getting angry.</div>	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>



Consider how you can practice problem solving by answering these questions using your own words and examples from your own life.

1. Why do you think problem solving is important?

2. How can you practice problem solving at home?

3. How can you practice problem solving at school?

4. How can you practice problem solving in your community?

5. How can you encourage others to practice their problem solving skills?



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Use the information found in *Problem Solving* to fill in the missing words in each sentence.

1. Problems are obstacles or challenges that get in the way of our and activities.
2. Sharing a problem with family or friends can help you feel less .
3. Each family is unique and has different .
4. Some problems can get bigger if you them.
5. It is important to ask someone you for help solving problems.
6. You are never too to help solve problems in your community.





Write a Letter

Follow the instructions to complete the activity.

NAME

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After completing the activity on page 22, write a letter to a friend describing a problem that you had to solve. What steps did you follow? Did you run into any major obstacles? If so, how did you overcome them? Are there any tips you can give to your friend to help them solve problems of their own?



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

brainstorm
conflicts
donate
goals
obsessive-compulsive disorder

patience
resourceful
respectful
solution
stress

Your
Score is



%

1.
the body's response to fear, pain, worry,
and other situations, causing negative
effects to health

2.
the aim which effort is directed toward

3.
the ability to endure boredom
or frustration

4.
the act of quickly coming up with and
recording ideas without judging them,
often done in a group

5.
describing someone who is polite and
gives appropriate attention to others

6.
a clash or incompatible difference of
ideas, interests, or goals

7.
an anxiety disorder that causes people
to have repeated thoughts and actions

8.
the act or process of solving a problem

9.
describing someone who is able
to use different methods to solve
problems or achieve goals

10.
to make a free gift or contribution
toward a cause



NAME

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1 What do some communities have outdoors to help people borrow books?

2 What is the third step in problem solving?

3 Do problem-solving skills lead to more stress?

4 Obsessive-compulsive disorder affects about how many Americans?

5 Does sharing a problem help you feel less stress?

6 Who was honored in 2014 with the World of Children award for speaking out against bullying everywhere?

