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What is Problem Solving

Mastering Problem Solving: A Key Life Skill for Kids

DEFINITION

> Problem solving is the process of finding solutions to challenges or difficulties. It helps us make decisions and overcome obstacles in everyday life.

KEY CONCEPTS

Identifying the Problem

Recognizing what the issue is helps you focus on finding a solution.

Generating Solutions

Brainstorming different ways to solve the problem allows for creative thinking.

Evaluating Options

Weighing the pros and cons of each solution helps choose the best one.

Implementing the Solution

Putting the chosen solution into action is crucial for resolving the problem.

Reflecting on the Outcome

Thinking about what worked or didn't helps improve future problem-solving skills.

EXAMPLES

→ Deciding what to do when you lose your favorite toy.

→ Figuring out how to finish homework on time despite distractions.

→ Choosing a fair way to split snacks among friends.

MEMORY TIPS

★ Use the acronym P.E.R.F.E.C.T.: Problem, Explore, Reflect, Find, Execute, Check, Test.

★ Visualize a toolbox for problem-solving with different tools representing each step.

★ Think of problem-solving as a treasure map: identify the start, obstacles, and the treasure (solution).

COMMON MISTAKES

✗ Rushing to find a solution without fully understanding the problem.

✗ Ignoring the opinions of others when brainstorming solutions.

✗ Not reviewing the outcome after implementing a solution.

QUICK RECAP

Problem solving is essential for overcoming challenges in life. It involves identifying problems, generating and evaluating solutions, implementing them, and reflecting on the results. Mastering this skill helps in making better decisions and enhances creativity.