
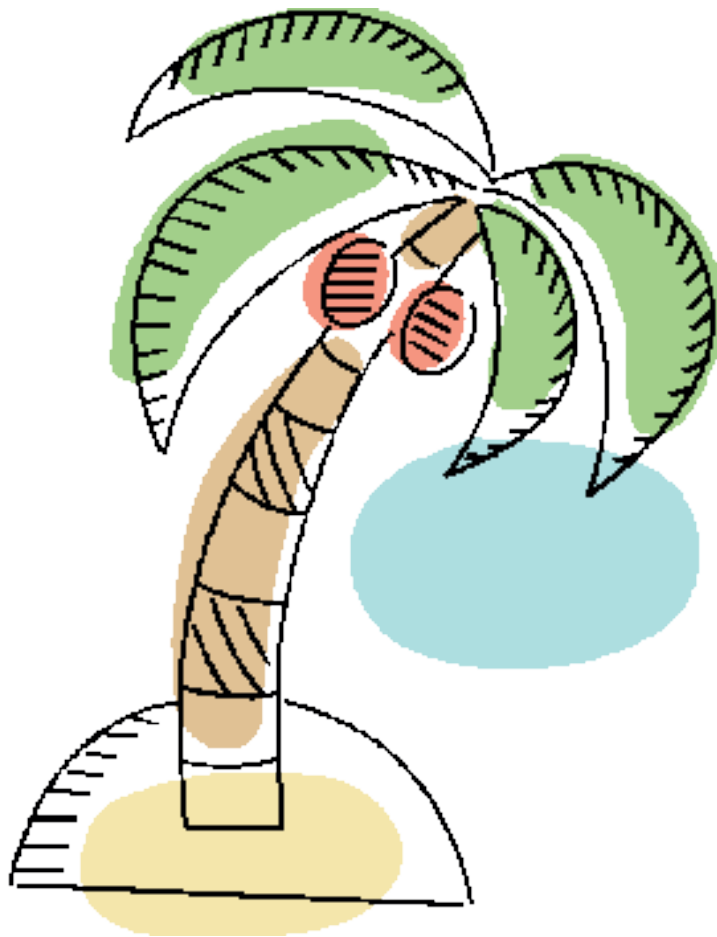


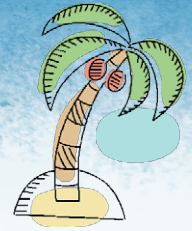
Problem Solving

Worksheet



Use this worksheet with children & adults.
This can help people label their problems
& become solution focused.

Problem Solving



Which problem island have you chosen to look at?

Social Home Safety Education Health Emotional

What is the problem/worry? _____

Think of all the possible solutions to this problem and fill out the table below

| What are the solutions? | Solution 1 | Solution 2 | Solution 3 |
|---|-------------------|-------------------|-------------------|
| Advantages of this Solution | | | |
| Disadvantages of this solution | | | |
| Pick the best solution (or the least-worst) (Please tick) | | | |
| What steps do you need to take to put this solution into action? | | | |