How to solve problems

IDEAL Problem Solving
Create a context to solve problems:
Stop – Breathe – Cool Down
Allow each person to speak without interrupting or calling names
Focus on IDEAL Problem Solving Steps

1) **Identify the Problem**
   - What is the problem?
   (Each person should take a turn to describe the problem and share their feelings, and the other person can then repeat what they heard)

2) **Define Your Goals**
   - What do you want to happen?

3) **Explore Possible Solutions**
   - What are some solutions?
   - Which is the best solution?
   - Is it safe?
   - How might people feel about it?
   - Is it fair?
   - Will it work?

4) **Action - Choose and Use a Solution**

5) **Learn from your actions**
   - Is it working? (if not, then go through process again)
   - What will you do the next time the situation occurs?