

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?