FAMILY DISCUSSION GUIDE

FLEXIBLE PROBLEM SOLVING

Solutions, Not Stuck Points

Problems are part of life.
Flexibility helps us find a way forward.

LET'S TALK ABOUT IT

1. Can you think of a problem that felt hard to solve? What happened?
2. What are some different ways you could have handled it?
3. Which option do you think could work best? Why?

DRAW YOUR SOLUTION ROAD MAP

Pick a problem and draw the different paths (options) you could take to solve it.

BOTH THINGS CAN BE TRUE

Sometimes a situation has both hard parts AND good parts. List one of each.

A HARD PART

A GOOD PART

ROLE-PLAY CORNER

Practice a new way to solve a problem.

Child: "This isn't working!" → Parent/Child together: "What else could we try?"

REFLECTION

How confident do you feel about solving problems in new ways? Circle your answer.

1 Not very confident — 2 — 3 — 4 — 5 Very confident

What's one small step you can take this week to be more flexible?

TRY IT TOGETHER

Next time you face a challenge, use these steps together!

- **PAUSE** — Take a breath. What's the problem, really?
- **THINK** — What do you know? What don't you know?
- **EXPLORE OPTIONS** — Think of as many ideas as you can.
- **CHOOSE A PLAN** — Pick one idea to try.
- **TRY & ADJUST** — Give it a try. If it doesn't work, what can you change?

FAMILY CHALLENGE

This week, choose one challenge as a family and try at least 2 different solutions. Share what you learned!

Flexible problem solvers don't give up. They adapt, learn, and keep moving forward.

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Understanding minds. *Strengthening connections.*