



Teacher Guide – Youth Module 4

Social Problem Solving

Overview for Teachers (K-2): In this module, students will learn to recognize and solve social problems. They will practice perspective-taking and recognizing when they make assumptions about others' behavior. Students will also learn steps to solving social problems effectively and will practice finding helpful solutions.

Overview for Teachers (3-5): In this lesson students will learn to recognize social problems and tips for solving them effectively and will continue to practice recognizing and shifting their thoughts in order to help solve social problems. They will learn to recognize “hot thoughts” (unhelpful thoughts which lead to negative feelings and often make the problem bigger) and “cool thoughts” (more realistic, helpful thoughts which lead to calmer feelings and often make the problem easier to solve). Students will learn and practice different ways of understanding and solving social problems, which include information on perspective taking. Students will practice pausing to brainstorm a range of solutions to problems and evaluate consequences to choose the most effective solution.

Introduction for Students (K-2): *Today's lesson focuses on solving problems with other people. You'll practice seeing things from other people's point of view and not jumping to conclusions. You'll also learn steps for solving problems with others. Please watch these videos and complete the following activities.*

Introduction for Students (K-3): *Today's lesson focuses on solving problems with other people. You'll learn to recognize how shifting your thoughts can help you to solve social problems. You'll also learn other tips for solving social problems, including pausing to brainstorm a range of solutions and considering the consequences. Please watch these videos and complete the following worksheets.*

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at [childmind.org](https://www.childmind.org).



Videos and Worksheets	
Kindergarten – 1st Grade	
Videos	Worksheets
Perspective Taking	<ul style="list-style-type: none"> • Helpful Solutions Handout
1st Grade – 2nd Grade	
Videos	Worksheets
Social Problem Solving	<ul style="list-style-type: none"> • Helpful Solutions Handout • Problem Solving Scenarios Practice • Steps for Problem Solving
3rd Grade – 5th Grade	
Videos	Worksheets
Social Problem Solving Part 1: Introduction and Steps	<ul style="list-style-type: none"> • What Are Yours Worksheet • Social Problems and Solutions Practice • Problem Solving Skills Worksheet • What Would You Do Worksheet (Youth and Teen) • Teamwork Challenge Worksheet
Social Problem Solving Part 2: Using the Cognitive Triangle	<ul style="list-style-type: none"> • Fill in the Triangles

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.