

Wellness Toolkit: Family Connection

Youth Module 4 – Social Problem Solving (Grades 3-5)

Directions: Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the fourth module which is all about social problem solving.

In this lesson students learn to identify social problems and practice changing unhelpful thoughts in order to help solve social problems. Students learn and practice different ways of understanding and solving social problems, including information on perspective taking. Students practice pausing to brainstorm a list of solutions to problems and think about consequences to choose the most helpful solution.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at www.childmind.org.

- *What are some challenges you have in social situations?*
- *Why is it important for you to be able to solve problems you may have with other people?*
- *How do you know if a solution is going to be helpful for you?*
- *Can you think of a social problem that you’ve had with someone recently? Thinking back, what do you think their perspective was?*