

Wellness Toolkit: Family Connection

Youth Module 4 – Social Problem Solving (Grades K-2)

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 module, students learn to find and solve social problems and they practice perspective taking, or “putting themselves in another person’s shoes.” They also learn to make sure they are not making guesses about what the other person is thinking or why they did something. Students learn ways for how solving social problems in helpful ways.

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 does it mean to think about someone else’s perspective, or to “put yourself in their shoes?”*
- *What are some of the problems you have with your friends?*
- *What are two examples of helpful things you can do when solving social problems?*