February 16, 2022

Topic:

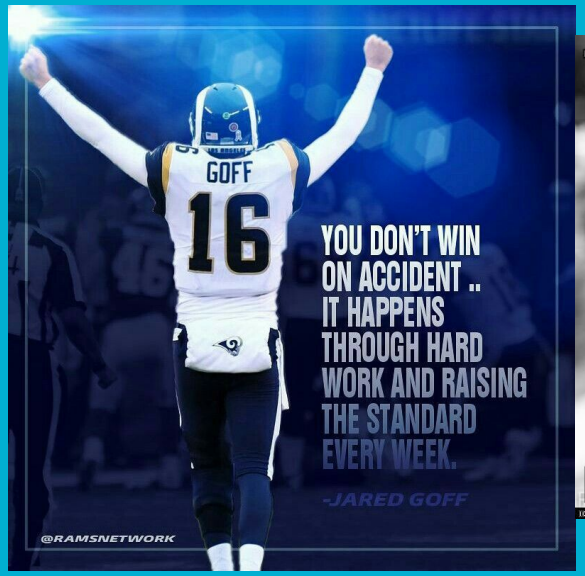
Problem Solving

&

Resourcefulness

Characteristics of a Resilient Person:

- Having GRIT
- Self-control (emotional & physical)
- Practice positive coping strategies
- Sense of humor
- Belief in our ability to be successful
- Ability to solve problems
- Social support from friends and family
- Positive outlook
- Resourcefulness



Problem Solving

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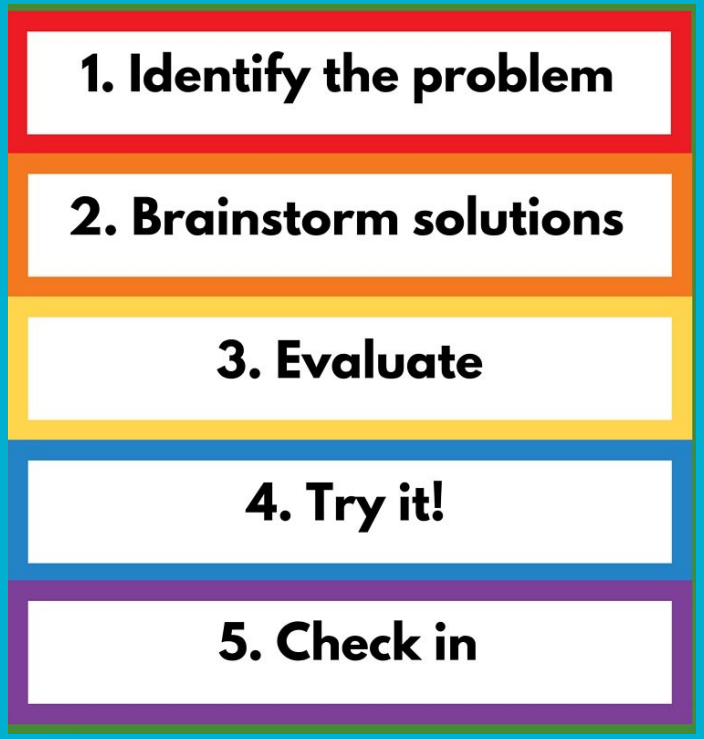
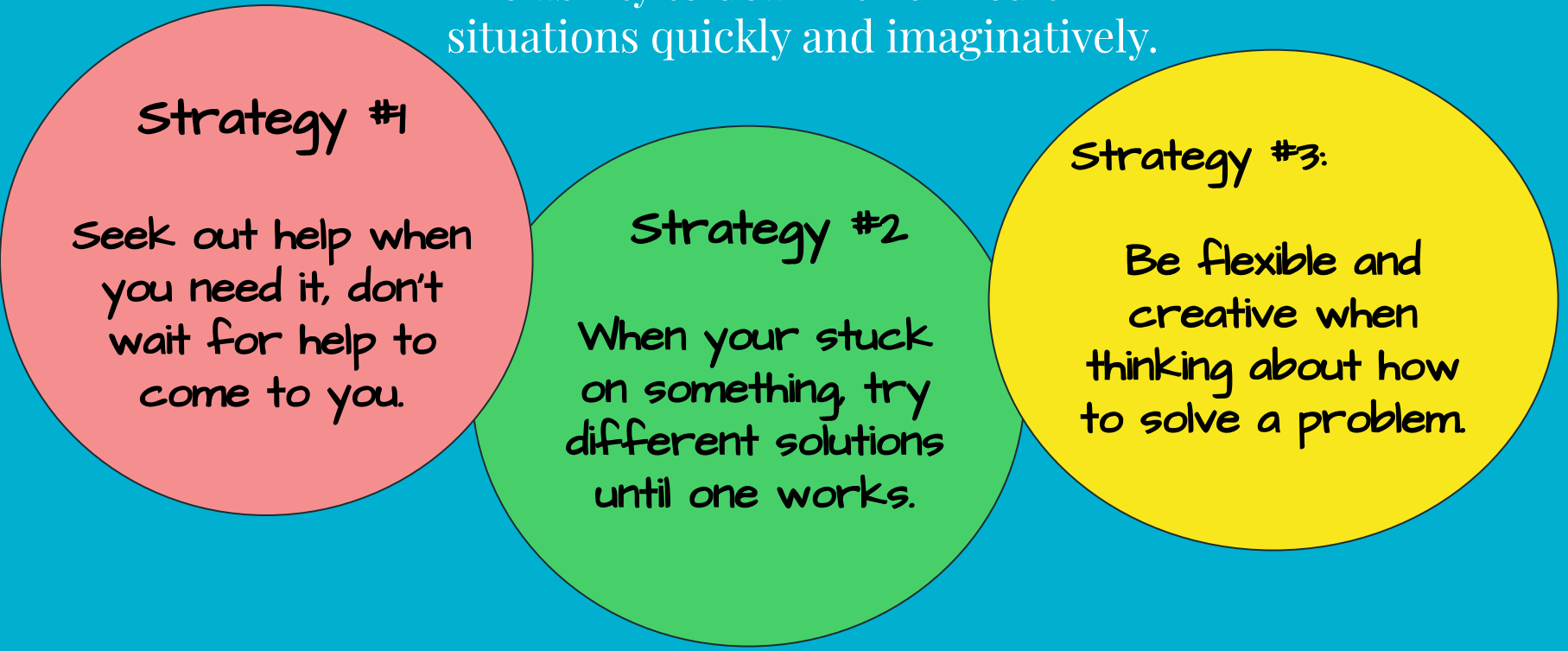


Instead of giving up or getting frustrated when you run into a problem use your problem solving skills to **manage your feelings**, **think creatively**, and **keep working until you find a solution**.

Resourcefulness, also known as Problem Solving

The ability to deal with difficult situations quickly and imaginatively.



Activity

Directions: On the handout or in a Google Doc, choose one scenario and use the problem solving steps to come up with solutions

Scenario #1
Your best friend dares you to steal a bag of Skittles from Vons.

Scenario #2
Your teacher gave you an opportunity to do test corrections to raise your math grade but you didn't do it and now you have an F in the class.

Scenario #3
Your parents told you that you aren't allowed to hang out after school but you want to spend time with your friends.

Coming up next week....