

# Problem Solving (Pre-K)

encourage    model    discuss    understand    acknowledge    encourage

## Does your child use simple strategies to solve problems when angry or frustrated? For example:

- Claims and defends possessions
  - It is my turn.
  - I am playing with it.
  - I am not finished.
- Negotiates to resolve conflicts
  - You can have it when I am done.
  - My turn first, then yours.

## Does your child respect the rights, property and feelings of others?

- Understands how his/her behavior, thoughts and feelings relate to consequences for others.
- Is able to identify his/her own emotions
  - I am so mad!
  - I am so excited!
- Is able to identify emotions of others
  - Child asks friend "Are you ok?"
  - Are you mad at me?



## ACTIVITIES

...to encourage social emotional learning:

- Discuss emotions; encourage your child to label his/her emotions (happy, sad, angry, excited etc.)
- Model how to label emotions by telling your child how you are feeling.
- Encourage your child to try and find solutions to conflicts on their own.
- Read stories about feelings and talk about the story with your child.
- Sing songs about feelings and emotions, for example "If you're happy and your know it".
- Help your child problem solve by offering words or choices, for example, "Tell Jacob he can have the truck in 5 minutes."
- Model appropriate reactions to conflicts in front of your child.
- Role play scenarios with dolls, puppets or figurines.

