



Lesson Time

Your child is learning the second Problem-Solving Step, “Think of solutions.” Come up with lots of safe ideas to solve the problem.

Knowing how to solve problems in safe ways helps your child get along with other children and make friends. Children who calm down and solve problems in safe ways become better learners at school.

Play Time

Play a game with your child to practice thinking of solutions. Use a small jar as an “idea jar.” Use pennies or other small items to represent the ideas.

Say: **We’re going to play the Think game. I’ll say a problem. You think of lots of safe ideas to solve the problem. For each of your ideas, I will put a penny in the “idea jar.”** Play the game throughout the week. At the end of the week, count how many ideas your child thought of.

Use a real problem, make up your own, or use one of these:

- You can’t reach a book on a high shelf.
- Your ball rolled under the bed and is stuck.
- You can’t find your favorite socks.

Story Time



LaDonna

Riley

This week’s story is about Riley and LaDonna. They have a problem. They both want to wear the firefighter clothes. Ask your child about this story.

- Point to the left-hand photo and ask: **What do you see in this photo?**
- **What should Riley and LaDonna do to solve their problem?** (Calm down. Say the problem. Think of solutions.)
- Point to the right-hand photo and ask: **What do you see in this photo?**

Now let’s pretend we’re Riley and LaDonna. What are some safe solutions to our problem? (Take turns. Play something else.)