

Motivation



Say to Youth: Act as if what you do makes a difference – it does! In this activity, you will be creative in coming up with solutions and keeping track of your ideas.

Counting Solutions

Materials:

- How to Calm Down poster: <https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/week-3/how-to-calm-down-poster.pdf>
- Optional: Problem-Solving Steps poster: <https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/week-3/problem-solving-poster.pdf>
- Jar or basket
- Marbles or coins

Instructions:

- Have child make a solutions jar or basket. Use marbles, coins, or other small items as counters.
- When child experiences a problem that day, use the How to Calm Down poster, walking them through the steps to relax their strong feelings before trying to solve the problem
- Encourage child to think of several safe solutions to their problem. Put a counter in the jar for each idea they come up with
 - Optional: Use the Problem-Solving Steps poster if child needs help in coming up with solutions

Reflection: At the end of the day, have child help you count what is in the jar to see how many ideas they had. Praise their efforts in keeping track of their ideas, so you can reinforce positive habits for child and increase their motivation to keep thinking. Discuss with child about any of the ideas they came up for their problems. Were they realistic? Were there any obstacles in the solutions? Did they try out some of their solutions?

