

Motivation



Say to Youth: Today is your opportunity to build the tomorrow you want. In this activity, you will be given a step-by-step solution to solve any problems you encounter at home, school, etc.

Solving for Problems

Materials:

- Problem-Solving Steps Poster: <https://www.cfchildren.org/wp-content/uploads/blog/summer-camp/week-3/problem-solving-poster.pdf>
- Paper
- Pencil

Instructions:

- Review Problem-Solving Steps poster with child
- For better understanding, discuss with child about a problem they are facing currently or previously and go through each step with child
 - For example, child says they want to learn how to roller skate
- Have child write down or describe a plan for implementing their chosen solution
 - If child is young, then adult can write down what the child says while the child talks
 - OPTIONAL: their plan could include a description of how their solution addresses the wants and/or needs of their family members and how it will help improve their family as a whole
 - For example, child could teach their younger siblings how to roller skate
- Hang Problem-Solving Steps poster on the fridge or wall, so child can use it for upcoming problems

Reflection: Check in with child if they are using the Problem-Solving Steps poster to solve their problems. Go through the steps on how they followed each step to solve their problems. Remember to recognize and support child to increase their motivation. By doing this, you are keeping the child accountable and building good habits for themselves.

