

# GET SKITTISH

## WHAT TO SAY

While it's best to generate as many solutions for a problem, keep in mind that not every solution is good for a particular problem. Sometimes, it's about choosing the solution with the least destructive consequences.

Think about situations in which you would experience conflict and how you can apply the problem solving steps (YES I CAN) to reach a solution:

Y= Your peaceful place

E= Ease your muscles

S= Slow your breathing

I= Identify the problem

C= Come up with solutions

A= Anticipate impact and outcomes

N= Need to decide and evaluate

Requires Resources? No  
Grade Level: 3-5; 6-8; 9-12  
Indoor/Outdoor: Indoor  
Group Size: 2+

## WHAT TO DO

▶ The instructor or facilitator models a skit about a problematic situation (e.g., getting a bad grade, being bullied, bad break-up, interaction with police) and then illustrates how you would act in that situation to solve the problem in a positive way.

▶ Highlight how you apply each step of the I CAN problem solving sequence to the skit.

▶ Assign youth to pairs or small groups to plan and rehearse their own example of a problem and how they solved it. Monitor pairs closely to make sure they remain on task.

▶ Ask each pair to act out their problem in front of the group, illustrating how they solved it.

▶ Following each skit, highlight how it maps onto the steps of problem solving. If the skit is not a good example or if they don't solve the problem in the skit, invite input from other kids about other potential solutions and outcomes.

## WHAT TO ASK

▶ How easy or difficult was it to identify problems you face each day as the focus of your skits? What kinds of problems did you consider before choosing one?

▶ Summarize by commenting on consistent themes across groups (e.g., someone picks a fight with you, too much homework, boyfriend / girlfriend problems, conflict with a friend, problem with a teacher).

▶ What other possible solutions did your group consider before selecting one to act out? Why did you choose the one you did?

▶ What kinds of things did you consider when deciding which would be a good option? (Try to elicit examples related to feasibility, impact on self and others and likely outcomes.)