



Hello Southeast Enterprises Family!

Solving Problems!

Problem Solving to Make Life Better. Click the orange button to learn about the steps of solving problems!

Life can be rough sometimes; Problems seem to come up every single day. What do you do with problems? Some people feel anxiety when problems arise, some try to ignore them but some use problems as opportunities to take action and fix things. These people know how to problem solve.

What is Problem Solving?

Problem solving starts with looking at your world and environment and identifying things that could be different or improved. Once you think about the change you could make, say it out loud. It can be helpful to talk about it with a trusted person in your life. Identifying the problems can sometimes be upsetting. This is why problem solving is a learned skill. It does not come naturally and is often difficult. Try to express your emotions, but not let them overwhelm you in this process.

Steps to Problem Solving

1. Identify a problem to solve
2. Think about it. Say it out loud
3. Brainstorm solution ideas
4. Narrow down your solution ideas and choose one
- 5a. Test your solution
- 5b. If your solution needs work, go back to Step 3: BRAINSTORM!

Ask your community for help (family, friends, your church, your neighbors!)

Next, the solving begins. One problem solving technique is called “Brainstorming.” To do this, think of at least five ideas that could help solve the problem. Make a list of these ideas. There are no wrong answers during brain storming. The point is to think about every possible approach and find one that might work. To narrow this list of ideas down, think through each solution idea and consider if it is possible. You can do this by creating a pros and cons list for each idea you came up with. After these considerations, it is time to pick a solution and test it!

Testing your idea out can be exciting and a little scary but go for it! If your idea does not seem to solve your problem, do not give up. This just means it is time to go back to brain storming solutions. Remember that famous scientists and inventors rarely succeed on their first attempt at solving their problem. They learn something critical from each and every failure that helps them succeed in the end. Problem solving is easiest with help! Ask others for help who have experienced the problem you’re trying to solve. Talk with trusted people in your life about the problem.

Never give up because you can make a difference in your world. You can solve that problem!

Jigsaw Puzzle!

Click the red “Jigsaw Puzzle” button to try out some interactive, free jigsaw puzzles to improve your problem solving skills and memory! Make them as easy or hard as you want. Try to complete at least 1 a day!

Word Search!

Click the yellow “word search” button to try out some interactive, free Word Searches to improve thinking skills! Make them as easy or hard as you want. Try to complete at least 1 a day!

Memory Matching!

Put your memory skills to the test with this online match this picture memory game! Click the blue “Memory Matching” button to try it out!

Get Fit Workout!

Karen has made some BRAND NEW workout videos for us to get fit to! Click the green “Get Fit Workout” video to try them out! Thank you for keeping us in shape Karen!

Check-In!

Click the Purple “Check-In” button to let us know what you have done today! Please fill out the form to receive credit.

Take pictures as you go along with each activity and send them in. We would love to see all the fun and creative things you do with the items this week. Not only can they be fun, but they can help build up skills that can be and used not only at work but in everyday life.

Email them in to:

Sarah@southeastenterprises.org

Have fun and Enjoy!