

Hillstone Lifeskills

Calm me



focus on breathing



What can you see in the picture?

What are the people feeling, why?

What do you think has just happened?

'Solve it together' Technique

Step 1 - 'Solve it together' code

Each person needs to agree to

- Respect each other
- Take turns to speak
- Be honest
- Involve an adult if it is serious
- Want to solve the problem



Step 2 - Hearing both sides of the problem

Each child has the chance to say what he/she thinks happened.



Step 3 - Sharing feelings

Each child has the chance to say how he/she feels about the situation.

Then each child has a chance to say how he/she thinks the other person might be feeling.



Step 4 - Finding solutions

The children think of what they can do to solve the situation or to make the situation better for them both.



Step 5 - The agreement

The children choose a solution and shake hands.



Let's look at this technique. It's called the solve it technique.

Using a scenario that you choose on the next slide try and use the technique sheet to solve it.

Alfie is always going into his sister Maxine's room and messing up her things. She is getting more and more cross and decides to take some of his things from his room.

Ahmed and Asha are playing Connect Four. Ahmed wins but Asha shouts at him that he was cheating and had two turns when it was her turn. Ahmed laughs at her and she storms off, refusing to play again.

Cohen borrows Grace's pencil case and breaks two of the pencils accidentally when he is colouring. Grace is mad, saying he never lets he borrow his things and always breaks her things. She then grabs his ruler and breaks it.



It's dinner time and mum has cooked fish fingers and chips but Scott refuses to eat it, saying he is not hungry. He says he wants pizza instead.

Jane wants to watch her favourite TV programme, Scooby Doo, on TV but Joshua, her brother, wants to watch Octonauts. They start to shout at each other until their mum comes in and switches the TV off altogether.

Mum is cross because dad has washed the gardening tools in the kitchen sink and has left mud everywhere. She says she is always the one that cleans up and she thinks someone else should help.

Affie is always going into his sister Maxine's room and messing up her things. She is getting more and more cross and decides to take some of his things from his room.

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'Solve it together' Technique

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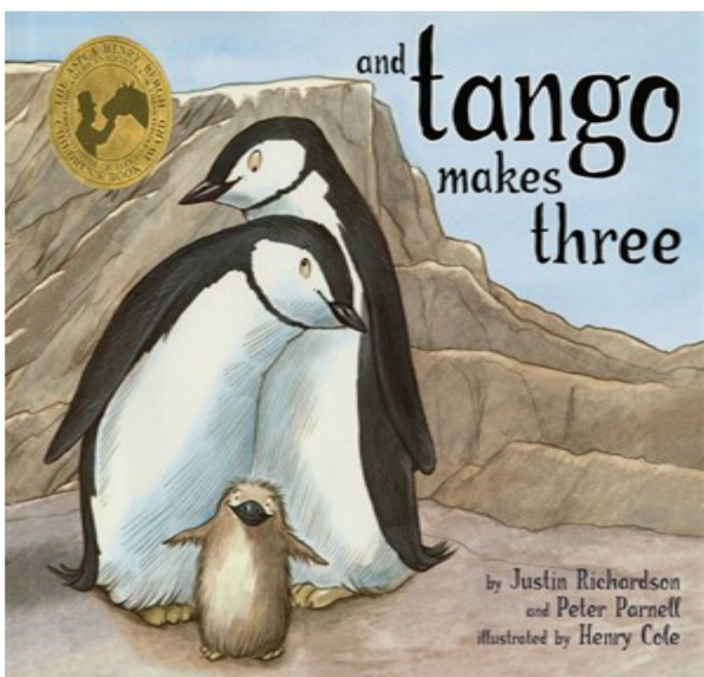
Step 1 - 'Solve it together' code
Step 2 - Hearing both sides of the problem
Step 3 - Sharing feelings
Step 4 - Finding solutions
Step 5 - The agreement

Choose a scenario square.

Then use the solve it template to resolve the problem that you have chosen to look at.

(You can print one of these using worksheet link).

Let's read!



What was the problem in the story?

How did they characters solve it?

<https://www.youtube.com/watch?v=WyPjUa908hM>

Link to story is on the virtual school page under the slides!