Potential Integration:
ELA

Health
4.MEH.2.2
Explain how effective problem-solving aids in making healthy choices

Materials Needed:
- Children's books that focus on solving problems (see list included in closure)
- Appendix 1 – Steps of Problem Solving "Put Your Best Foot Forward"
- Chart paper
- Appendix 2 -Problem –solution chart

Statement of Objectives:
Today, we are going to discuss typical 4th grade problems and learn the steps of problem solving so you can make wise, healthy decisions.

Focus:
Have you ever heard this saying, "Into every life, a little rain must fall." Everyone has problems sometimes. Let's brainstorm a list of some of the problems you have.

Type the list on the smart board or write the list on the board or chart paper for future use. The list may include problems with: friends, brothers and sisters, homework, taking tests, bullies, health issues, competitions, sports or any difficult task. Allow students time to explain as they generate the list.

Teacher Input:
Give students a copy of "Put Your Best Foot Forward" (Appendix 1.) You may find it helpful for students to discuss in small groups instead of whole class discussion as you go through the lesson.

Now that we have discussed some typical 4th grade problems, let's learn a very important life skill called problem-solving. Let's use a family example. Suppose you have a favorite toy, and your little brother or sister took the toy out of your room and you discover that a part is broken. Putting your best foot forward means that you will do your best to solve the problem. We do not want to make a situation worse than it is. Let's practice the steps for solving a problem.

Step 1: Identifying the problem means that you have thought about what is really causing the trouble. You are focused on the specific problem.
Give students a change to discuss, then explain the problem. (Younger child went into the room without permission)
Step 2: Be open to all possibilities to solve the problem. You may want to ask advice from an adult or friend.
Give students an opportunity to brainstorm solutions, then share. (scream for mom or dad, yell at the sibling, hit the sibling, have a tantrum, talk to your parents calmly and ask for help keeping the sibling out of your room, ask for help to repair the toy, etc.)

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Step 3: You need to think about each solution on your list. If I choose this solution, will there be a good or bad result?
Allow time to evaluate each solution generated by the class or group. Ask students to explain the possible positive and negative outcomes.
Step 4: After thinking about all the ideas, try the best one.
Students should explain their choice.
Step 5: Did the solution work? If not, try another idea or get help from an adult or friend.
Be sure students discuss who they can turn to for help. Make a list with them: Mom, Dad, Grandparents, older brother or sister, other family members, counselor, coach, minister, scout leader, trusted neighbor, principal, etc.

Assessment:
Students should work with a partner to read stories and identify the strategies that the characters use in literature to solve problems. After reading the story, students should complete the Problem-Solution chart. (Appendix 2) Problems and solutions can be discussed in groups or whole class.

Some suggested book titles: <u>Stellaluna</u> by Janell Cannon<u>, The Great Pumpkin Switch </u>by Megan McDonald<u>, The Lighthouse Keeper's Lunch</u> by Rhonda and David Armitage<u>, Friends</u> by Helme Heine<u>, Bootsie Barker Bites </u>by Barbara Bottner and Peggy Rathman<u>, Chester's Way</u> by Kevin Henkes<u>, Chysanthemum</u> by Kevin Henkes<u>, Swimmy </u>by Leo Lionni<u>, Amelia's Road</u> by Linda Altman<u>, Seedfolks</u> by Paul Fleischman

Closure:
Everyone encounters some problems in life. Use the problem-solving steps that we have learned to make wise, healthy decisions! Put your best foot forward!

Steps for Solving Problems

1. Identify the problem.

2. List some solutions to the problem.

3. Think about the solutions. What are the possible positive and negative outcomes?

4. Choose the best solution and try it!

5. Evaluate the solution. Did it work?

Problem Solution Chart

Book Title: _____

The Problem/Problems:

The Solution/ Solutions:

Evaluate how well the solution worked: