



week 4 activity guide- problem solving

<https://www.youtube.com/watch?v=NnT06p54k1Q>

overview

This Empower Session focuses on problem solving. In this session we will discuss four steps that can help solve a problem:

1. Identify the problem
2. Determine the cause of the problem
3. Brainstorm a solution to the problem
4. Implement the solution

Problem Solving not only helps you during these tough times, but helps those around you as well.

This lesson can be completed in 10 minutes.

definitions

Problem Solving- The process of finding solutions to difficult or complex issues.

materials

Coins (Coin toss)- You will need up to three coins for this activity

Newspaper or Magazine (Puzzle Activity)- Preferably one with a lot of fun pictures!

Scissors (Puzzle Activity)- You will use this to cut your newspaper/magazine

problems and solutions

In the video, we identified four problems that lots of people are facing while social distancing. We talked to Coach Mia for examples of solutions to being bored, but here are more solutions for all the problems shared.

#1- Being bored

If you're bored, try setting a routine. Make a list of things you need to do and want to do and fill your day with checking things off your list.

#2 You can't concentrate on your school work

Break your day into 20 or 30 minute chunks. After you've concentrated on your work for a little while, give yourself a break to grab a snack, talk to a family member or stretch!

#3 You feel cooped up inside

Try to take a walk or at least open a window on nice days. Fresh air is so important. Also, remember to get your body moving and your blood flowing at least once a day. Get some exercise to help solve this problem!

#4- You feel frustrated by family

Remember, it is totally normal to feel frustrated when you're spending so much time together. Try to mix it up and spend some time alone reading a book or listening to music and sometime interacting with family. Plan a family game night or pick a movie to watch together to spend quality time together.

Some problems are extra hard and might require an adult to help you solve them. That's ok! Be sure to ask for help when you need it.

activity overview- Create a puzzle

The goal of this game is to create and solve your own puzzle to practice problem solving.

Ask an adult if there's an old magazine or newspaper that you can use to cut up one page. Choose a big picture from the magazine and tear it out. If you don't have a magazine, you can draw your own picture on a sheet of paper! On the wrong side of your paper, draw Xs all . This will make sure you know which side of your puzzle should be up.

Then take a pair of scissors and cut your picture into ten pieces. They can be different sizes and shapes. If you find a ten piece puzzle is too challenging, you can make this activity easier by only cutting it into 7 or 8 pieces.

Then, scramble all your pieces up and reassemble your puzzle.

You can play this game with a family member by giving them your cut up pieces to assemble your puzzle while you assemble theirs. This will make it even more tricky!

bonus activities

Name That Beat!

This game is played with two people, you can either play with someone at home or with someone over the phone.

Each player will find a playlist (wherever you listen to music). You will then set a time for one minute. Start the timer and let the playlist run. Your partner has one minute to guess as many songs as they possible can. When they get it right, skip to the next song. See how many songs they can guess in a minute. If they get stuck, they can take up to two skips in a minute.

Materials: computer/phone, timer

Time: 5 minutes

Riddle Time!

Below you will find 5 riddles. Work your way through each one and check the answer key at the bottom of the page when you are finished.

- 1) What is full of holes but still holds water?
- 2) What becomes wetter the more it dries?
- 3) What question can you never answer yes to?
- 4) When things go wrong, what can you always count on?
- 5) What is always in front of you but can't be seen?

other resources

For more active games to do at home, check out this site from **Game On! Sports 4 Girls**:

<https://gameonsports4girls.com/family-resources/>

If you're loving Spring and want to get into some gardening activities, take a look at **Big Green's** website, which is for families and teachers: <https://www.biggreenathome.org/>

Our friends at Chicago Lions Rugby do lots of live Facebook and Zoom workouts. Coach Andy and Coach Slater are SO COOL: <https://www.facebook.com/lionsycr/posts/3218033071554223>