



The Shade Project

Problem Solving

(Jarvis, Tebbutt & Mattick, 1995)

Step 1: My problem is _____

Step 2: What are the possible solutions? _____

Step 3: What are the positives and negatives of each solution?

Possible Solutions	Positives	Negatives

Circle the best solution

Step 4: What are the steps in putting the best solution into practice?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 5: Putting the plan into practice
When you go home today, take this problem-solving sheet with you and take some time to go through your action plan in your head. Then, tomorrow, try it out