



Parent to Parent Back from Lockdown Toolkit



A collection of Ideas & Strategies
to support parents and young people
to get back to School After Lockdown

Problem solving/making a plan/goal
setting



In response to our successful 'Returning to School After Lockdown' survey which was sent out to Young People and their families, we have sourced and collated a selection of printable worksheets and activities to help support some of the young people's biggest concerns and to encourage the young people to plan and set themselves goals for their return to school. Thank you to each and every one for sharing their thoughts and worries with us.

All these resources are available from the links to the organisation that has developed them on the bottom of each page. Or can be sourced through a 'google search'. Please use what you need from this resource to help you and your young person work towards feeling more confident and prepared for returning to school.



Problem solving/making a plan/goal setting

Instead of giving up or getting frustrated when encountering a challenge, kids with problem-solving skills manage their emotions, think creatively, and persist until they find a solution and can make a plan. Naturally, these abilities go hand-in-hand with a growth mindset





Going back
to
school



I have been at
home
for a long time
because
of the coronavirus



now its time to
go back to
school



school might
be a little different
when I go back
to keep me safe,
this is okay



I might not go to
school everyday
but Mum will
tell me when I
am going



when I get
to school
I will need
to wash my hands



my classroom
may have less
tables and chairs,
this is okay



I might not
be able to hug
my friends,
this is okay



It will be good
to go back
to school and
see my teachers
and friends

Name:



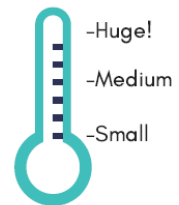
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HOW TO PROBLEM SOLVE

1. What is the problem?

2. How big is the problem?

(Fill the thermometer)



3. How does it make you feel and why? (Circle one or more)



4. What can help you to cool down or feel better? Here are some ideas.



Walk away



Do something
else



Take 10 slow
deep breaths



Drink water



Pay attention
to my body



Say to
myself...



Express my
feelings



Talk to
someone



Let it bother
me

Draw or write
your idea

Name:



Date:

HOW TO PROBLEM SOLVE

5. Understand your goal.

What do you want to achieve so it is no longer a problem?

There are three types of problem solving solutions:



Find help from
someone



Solve it myself



Solve it together



6. Considering the three types in mind,
brainstorm one or more possible solutions to solve the problem:

7. Which solution will you try?



HOW TO PROBLEM SOLVE

Facilitator Instructions:

Before you start

- Introduce the tool as a fun way to learn how to solve problems.
- Start with an example scenario problem to familiarize your child with the tool.
- Regardless of age, write in the answers while your child reflects and talks aloud.
- Remember, the tool is a guide on how to facilitate, the magic is when your child can assess and process their problem solving in the safety of supportive facilitation.

Question 1: "What is the problem?"

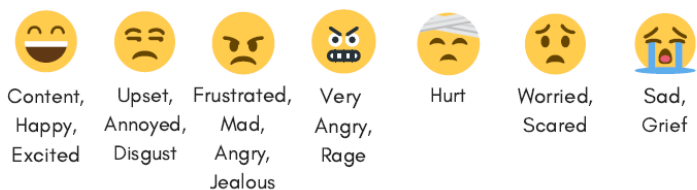
- Prepare an example scenario problem or have your child identify and describe what the problem is.
- Additional details can include: how did the problem happen? Who is involved? And why is this a problem?

Question 2: "How big is the problem?"

- Encourage your child to assess how big the problem is to them.

Question 3: "How does it make you feel and why?"

- Encourage your child to identify their own feelings related to the problem.
- Labels below are for your reference.



Question 4: "What can help you to cool down or feel better?"

- Read together or have your child read through the nine ideas. Define for them if needed.
- Encourage them to choose one or more ideas that will be helpful for them to cool down or feel better.

Question 5: "Understand your goal."

- Have your child understand what they want to achieve so it is no longer a problem.

Question 6: "Brainstorm one or more possible solutions to solve problem."

- The three solution types are reference guide of where to begin brainstorming solutions.
- Encourage your child to brainstorm solutions in relation to achieving their stated goal. Support their process, provide ideas and directions if needed.
- Weighing and comparing different solutions should be done through talking as writing may be too time consuming.

Question 7: "Which solution will you try?"

- Encourage your child to choose a solution and discuss how to apply it.

Make Another Plan

GOAL: *What do you want to do?*

First Plan: *How do you want to do it?*

Second Plan: *How do you want to do it if your first plan doesn't work?*



Returning to School

Post Lockdown

Memory Jars

This memory jar belongs to...

With my family...

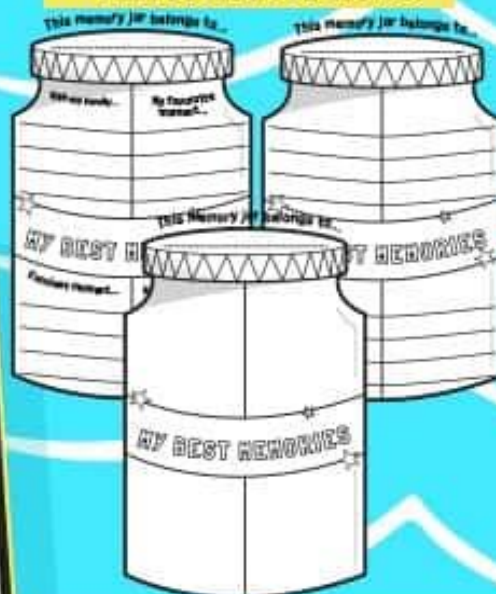
My favourite moment...

MY BEST MEMORIES

Funniest moment...

Best thing I've learned...

Different versions



Extend the activity by adding the flaps!



My Action Plan



What I've learnt or found useful?

What I'm going to do next?

Who I can ask to help me!