TOUCHSTONE
THERAPY CENTER

5 Step Problem-Solving Framework for Kids

1 Stop and Notice the Problem

Kids often react before they reflect.
Help them pause first.

"What's the problem you're trying to solve?"
"Let's slow down and name what's happening."

2 Name the Feeling Before Fixing the Problem

Emotions drive behavior.
Regulating emotions improves solutions.

"I can see you're frustrated. Let's breathe first."

"It's okay to feel upset we'll figure this out together."

3 Brainstorm Possible Solutions

Teach kids to think in terms of choices, not "all or nothing."

"Let's come up with at least 3 ideas."
"What's one thing you could try?"

4 Think Through the Consequences

Help kids learn to generate their own ideas, don't just provide them.

"What might happen if you try that?"
"Which choice seems safest/smartest/fair"

5 Try a Plan: Just One Step

Perfection isn't the goal. Action is.

"Let's pick one idea and try it."
"What's the first small step?"

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