

Problem-Solving Resilience Activity

Solving everyday problems is a great skill to develop. Each and every day, we come across problems that need to be sorted out. They might be little problems or big problems. Take a look at the problems below and suggest some possible solutions.

Problem	Solution
Your two best friends have fallen out with each other, making you feel awkward.	
A group of classmates are all going to the park after school but they haven't invited you.	
You wanted to be picked for the school athletics team but you weren't.	
You feel like your teacher never chooses you to answer questions in class.	
You painted a picture in art but you were really disappointed with it.	
You have been put into pairs for science with someone you don't get on with.	
You never seem to be able to get more than seven out of ten in your spelling test.	
You have been getting nasty comments from an older child at playtime.	

