

Kai & Zoe Social-Emotional Learning Series

Kai & Zoe

LEARN TO SOLVE PROBLEMS WORKBOOK

Simple Strategies to Help Kids
Make Good Choices



Dr. Nakeyau Patterson

Rising Press

Ages 5–10

We can pause,
think, and choose!

Kai & Zoe

Learn to Solve Problems

Workbook

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How to Use This Workbook

Explore this full-color workbook together. Read aloud, model an example, and follow the child's pace.

- **Choose a route**

Start with pointing, pictures, or one spoken answer. Ready for more? Add a reason, compare two plans, or record what happened.

- **Keep practice supported**

Use real or pretend examples. Watching, pausing, and passing are welcome. Help can come first; never create distress or reenact harm for practice.

- **Find a skill**

- 1 Basics: pages 4-24
- 2 Everyday stories: pages 26-50
- 3 Try, check, and get help: pages 51-58
- 4 Solution Lab: pages 59-60
- 5 Practice: pages 61-64
- 6 Grown-up guide: pages 65-66
- 7 Shared support and plans: pages 67-69
- 8 Celebrate and meet the author: pages 70-72

Personal feelings and support choices are not scored.

What Is a Problem?



A problem gets in the way of what someone wants or needs, or is a situation that needs attention.

- **One small story**

Kai cannot find her drawing paper. She wants to finish a picture. A grown-up can help her look or find another sheet.

- **Problems can involve...**

- ☐ Something missing
- ☐ People wanting different things
- ☐ A plan changing

- **Show a problem**

Use a real or pretend moment. What happened, and what does someone want or need?

You can ask for help with any problem.

My Problem-Solving Steps



I can choose a small next step.

I can ask for help at any step.

I do not have to feel calm first.

If someone may be hurt or I feel unsafe, I tell an adult right away.

1 Pause or get support

A pause is optional. A grown-up can help me now.

2 Think about the problem

What happened? How do I feel? What do I need?

3 Think of solutions

What are a few safe ideas I could try?

4 Choose a safe plan

Does it help? Does it respect people and their things?

5 Try it and check

Did it help? I can change my plan or ask for more help.

Try a small, real or pretend problem.

Draw, tell, point, or write. A grown-up can help.

What is the problem?

One safe plan I could try:

Who could help me? _____

A tool is a choice. Help is always allowed.

What Could I Do?



Your friend chooses not to join your game. You may feel disappointed and think about what you need next.

• Plans you could explore

- ☐ Ask whether another time might work.
- ☐ Choose another activity.
- ☐ Ask a grown-up for company or support.

• Respect the answer

A friend may still say, “Not now.” You can ask for support without making the friend play.

• Choose a next step

Show one plan and why it might fit. What could a grown-up do to help?

A plan can help even when a disappointed feeling remains.

Continue reading

Kai & Zoe Learn to Solve Problems Workbook

Dr. Nakeyau Patterson

Full-Color Edition. Includes guidance and three selected activities.

This is a reading sample, not the full book. Original book page numbers have been preserved.

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