**Title**

Problem Solving

**Time**

Pre-session preparation for learners:  5 minutes

Session:  25 minutes

**Materials Checklist**

Problem Solving Handout

Pen/Pencil

**Objectives**

To identify the five steps of solving a problem

**Learners will be able to:**

Identify five steps to take to solve a problem: 1) Describing the problem in detail. 2) Brainstorming Options 3) Pick one option to try 4) Make a positive action plan 5) Try it. See how it goes.

**Exercises and Activities to Complete Before and During the Session**

The Lifestyle Balance Problem Solver

Making a Positive Action Plan

**Pre-session Preparation**

**Read (5 minutes)**

Problem Solving Handout

**During the session**

**Present/Review (10 minutes)**

Tell Participants many things can get in the way of being more active and eating less fat and calories. But problems can be solved.

Review the five steps of solving a problem using the example.

1. Describe the problem in detail
2. Brainstorm your options
3. Pick one option to try
4. Make a positive action plan
5. Try it. See how it goes.

**Discuss (15 minutes)**

Read the steps and guide the participants through The Lifestyle Balance Problem Solver. 1) Remind them to be specific. 2) When they pick an option, ask them: Is it very likely to work? Can you do it? Guide participants through Making a Positive Action Plan. Remind them: Problem solving is a process. Don’t give up!