



## Learning to Solve Problems Unit

Grade 1 • Ages 5-7

### TIME FRAME

Preparation: 10 minutes  
Instruction: 30 minutes

### MATERIALS

Talk and Work It Out by Cheri J. Meiners, M.Ed., copyright © 2005. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-7357323; [www.freespirit.com](http://www.freespirit.com). All rights reserved, or search YouTube for read aloud version of book.

[Kindness Concept Posters](#) for Perseverance, Respect

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy. RL.1.1, 2, 3, 4, 7, 9; CCSS.ELA-Literacy. SL.1.1a-b, 2, 3 Colorado: Comprehensive Health S.3, GLE.1, EO.c,f; Reading, Writing and Communicating S.1, GLE.2, EO.a-c

[Learning standards key](#)

# Talk and Work it Out

Students will identify different strategies they can use to calm down to resolve problems.

## Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

**PERSEVERANCE** Keep trying even when something is difficult, not giving up.

**RESPECT** Treating people, places, and things with kindness.

## TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Being able to see written responses on the board to the questions; a T-chart for question 8 would be particularly helpful. Write "Problem-Solving Ideas" on the board and two columns. At the top of one column, write "Ideas from the Book" and with the other "New Ideas from our class"
- Having additional copies of the book to view in small groups or seeing the book displayed on a document camera.

## Resources

For additional discussion questions and activities related to solving problems, view the back of the book "Talk and Work it Out."

Committee for Children has additional resources related to mindfulness. Students can learn more about focusing their mind, calming down and reflecting on different situations: <http://www.cfchildren.org/mind-yeti>.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



## Share (3 mins)

Turn to a partner and share one way you solved a problem with someone else in the past. Did you talk with them to make things better? Did you listen to what they had to say? Maybe you asked an adult to help you solve the problem. Give both students a chance to share.



## Inspire

### Book Reading (10 mins)

Today we are going to read a book titled *Talk and Work it Out*. I will ask you questions about what I am reading, so listen carefully.

Read the book to the class, pausing on each page spread to ask what is happening in the picture.



## Empower

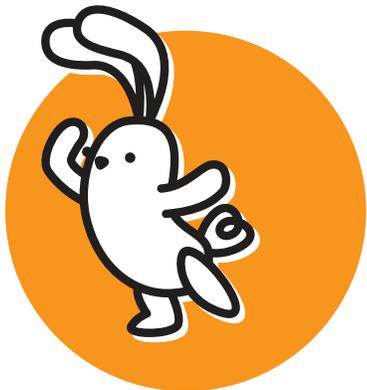
### Discussion (10 mins)

Then ask the following questions (there are additional questions in the back of the book):

- Why do you like being together with a good friend? What do you enjoy doing?
- Why is it good to try to work things out? How can you show **perseverance**?
- The boy in the book talks about stopping and taking a big breath to calm down. Let's practice taking a slow, big breath. (Allow students to practice.) How do you feel after taking a deep breath? What are some other ways to calm down?
- To work out a problem, what's the first thing you need to do? (Take time to think about what to do.)
- How does it help to tell the other person what she or he did wrong?
- What can you do to be a good listener and show **respect** for someone else? (Listen to understand.)
- How do you feel when someone listens to you? How can listening to a person help solve problems?
- The boy in the story has many good ideas for solving the problem, including using his imagination, asking the person to help find an answer, thinking through ideas, and asking a grown-up. Can you think of any other ideas that might work?
- How do you think the girl might feel when he asks her for her ideas?
- When do you think it can be hard to find an answer that everyone likes?
- How can you show respect and kindness even if you don't agree with someone?



The RAK paradigm is the framework for teaching and building kindness skills.



### Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

### Evaluation Questions

- What does it mean to talk and work things out?
- What is one way you can work things out peacefully and **respectfully**?

### Reflection Questions

- Why is **perseverance** important when solving problems?
- What makes it hard to solve problems sometimes?

### Summary

*From time to time, we have problems that come up in life that we need to work to resolve/make better. It's important to talk and work things out with someone you are not getting along with. It's kind to work through your problems so you can be friends again. Taking deep breaths is just one way you can calm yourself down to focus on making things better.*



### Act (2 mins)

#### Kindness Minute

Encourage students to take 3 deep breaths in and out and count to five as they breathe in and out.

#### Kindness in Action

Practice one new strategy/way from the book to solve a problem this week. Write down what strategy you used.

