



# Solution Seeker

## Activity #1

Begin by discussing with the children a current issue that is bothering them (or something linked to a current class topic they are learning at school, eg: deforestation) and talk about why this is an issue. For example, animals lose their habitat, bad for the environment etc. Then ask them how it makes them feel – angry, helpless, frustrated etc.

The children could then discuss what sort of questions we could ask to find solutions to this problem and specifically their concerns about it. For example, what is being done to help protect animals from deforestation? What are the solutions to deforestation? What is reforestation? What progress has been made to tackle deforestation? Where is this problem being solved? What are small actions that can be done to help? From these questions, select three ways in which people are helping to fix the problem and let the children find out more about them.

Together, present them in a chosen format; newsletter, news program, leaflet etc.

Do the same for global warming, recycling, etc.

After the children have completed their newsletters, either in groups or on their own, the children can discuss what skills they needed to complete this task –

Curiosity, positivity, perseverance, thinking creatively, asking deliberate or 'out of the box' questions etc.

Then they can talk about how learning about solutions made them feel; hopeful, encouraged, happy, inspired etc.

Finally reflect on the idea that whenever we are faced with a problem, big or small, we can become solution seekers by asking **solution-focused** questions.



Little Ruffle

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