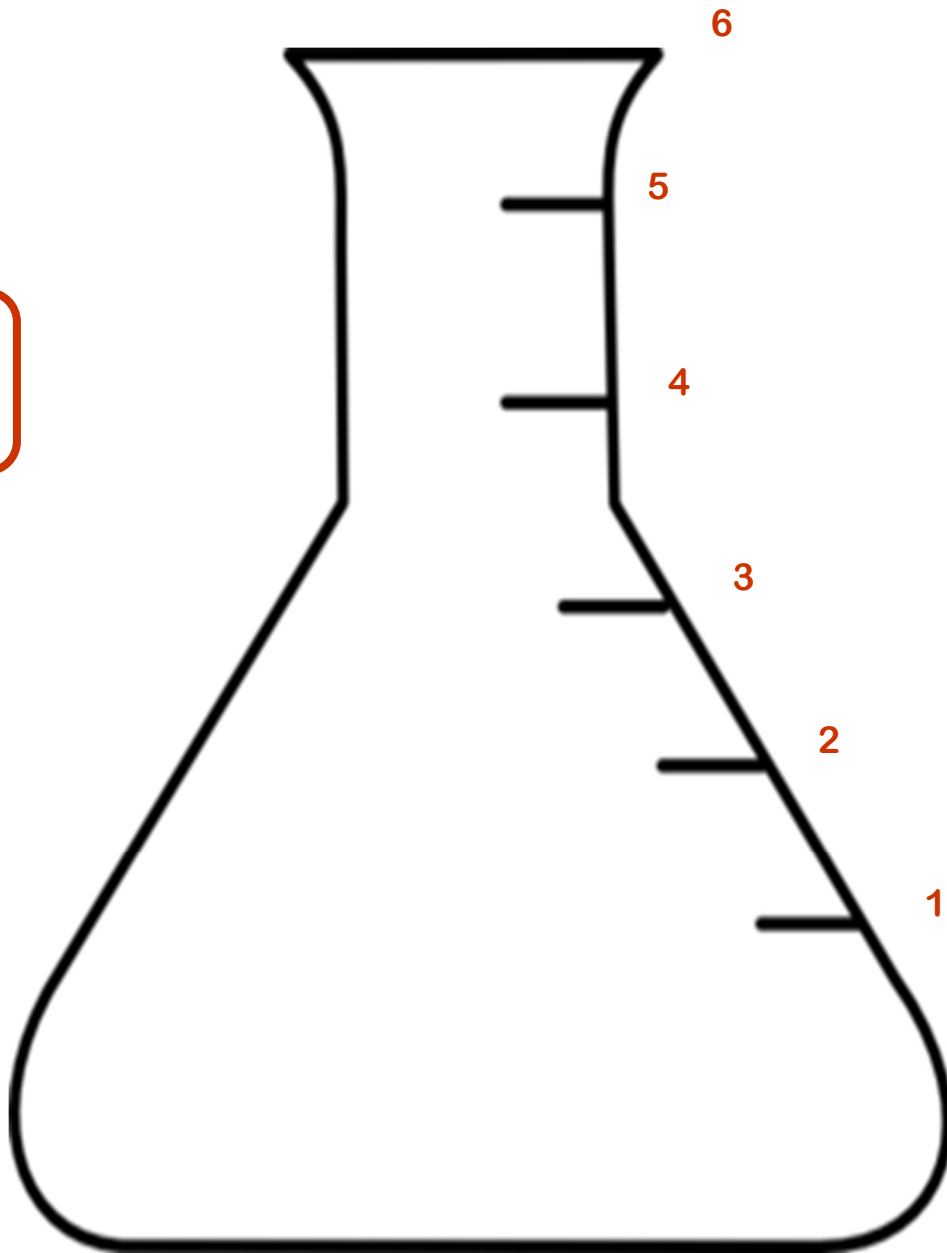


## BEAKER CHECK-IN

How full is my beaker right now??

Fill in the beaker to show how full it is.

Write your  
beaker level  
here

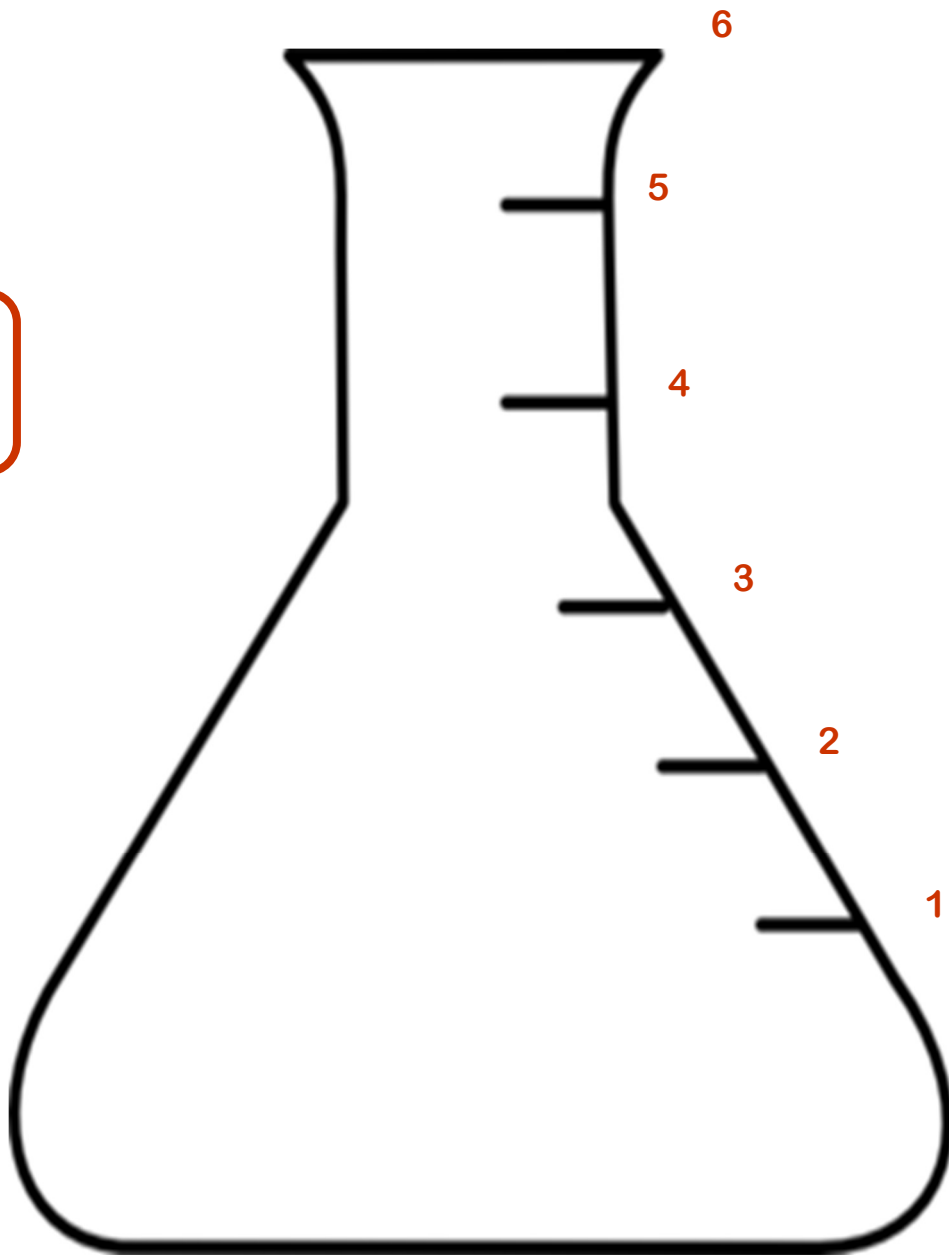


# BEAKER CHECK-OUT

How full is my beaker right now??

Fill in the beaker to show how full it is.

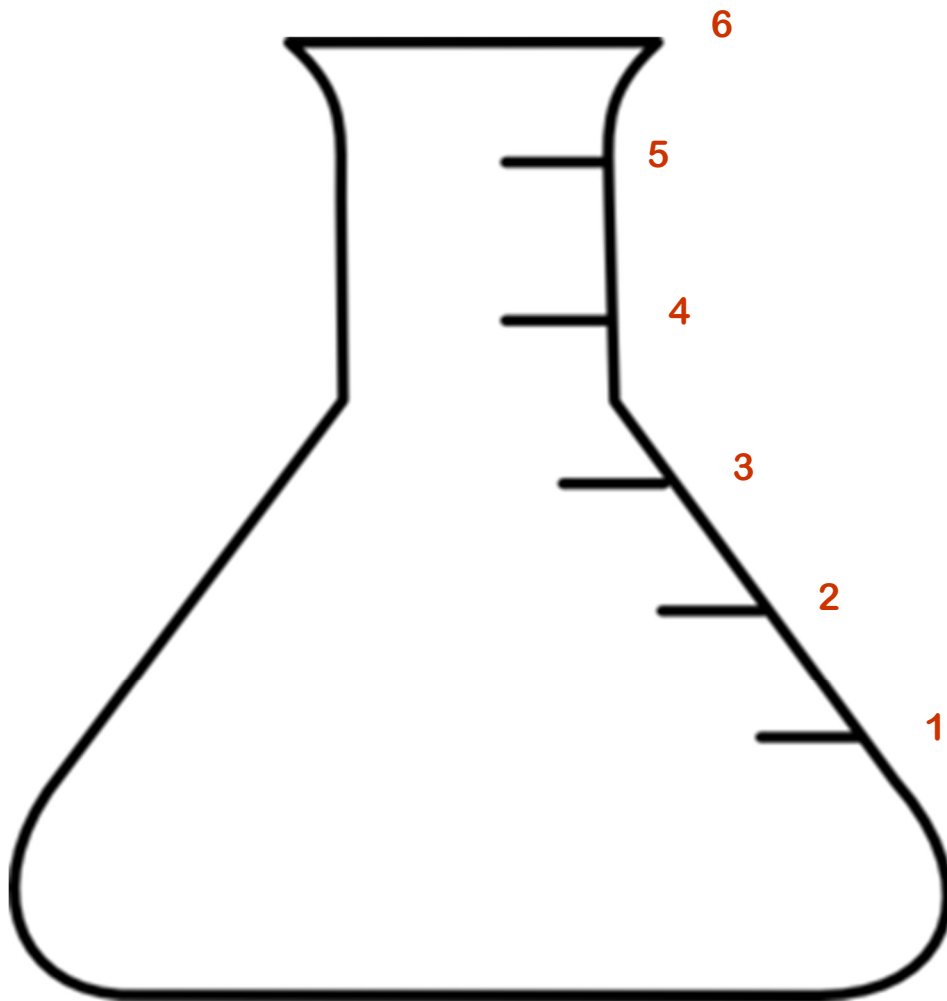
Write your  
beaker level  
here



## MISSION 1: BEAKER WATCH

How full is my beaker right now???

Fill in the beaker to show how full it is.



Write your beaker metre score for each day this week

Mon

Tue

Wed

Thu

Fri

Sat

Sun

## ADULT'S PLAN B

### 1. Express empathy

- ✓ What's up?
- ✓ I hear you
- ✓ I'm not saying you can't...

### 3. Define the problem

- ✓ Your concern is
- ✓ My concern is

### 4. Offer invitation

- ✓ Let's think about how we can work this out..."



## CHILD'S PLAN B

### 2. Express your concern

- ✓ Say what your problem is
- ✓ Say why it is a problem

### 5. Offer solutions

- ✓ Ask for help
- ✓ Meet half way
- ✓ Do it a different way



Choose a win/win solution that is doable/realistic and satisfies you both

# CHILD'S PLAN B

## 1. Express your concern

- ✓ Say what the problem is
- ✓ Say why it's a problem

## 2. Offer solutions

- ✓ Ask for help
- ✓ Meet half way
- ✓ Do it a different way



Try to think a WIN/WIN solution  
that is doable/realistic and  
satisfies you both

# THERE'S ALWAYS A SOLUTION



Silly solution



Magic solution



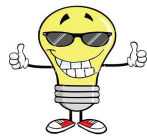
Scariest solution



Alien solution



Quickest solution



Cooliest solution

Serious solution



Most expensive



Worst solution



...

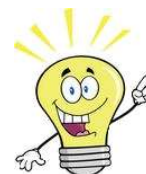


Cheapest solution



Funniest solution

Best solution



# WHICH PLAN IS IT [BEAN BAG GAME] INSTRUCTIONS

## Materials needed:

- Three baskets one labelled A; another labelled B; and the third labelled C
- Approximately 10-20 beanbags or soft balls
- Small basket or box for the beanbags/balls
- Scenarios and answers [**Bean Bag Scenarios & Answers**]

## Objective:

- To help the children gain a better understanding of the problem-solving process
- To help the children learn to distinguish between different problem-solving approaches.

## Set up:

- Have the three baskets spread out equally at the front of the room
- Have the beanbags in a separate basket on the other side of the room.
- Have the children line up on one side
- A facilitator has the different scenarios.

## Rules:

- One turn per person, then you have to go to the end of the line.
- The facilitator reads the situation.
- The child then picks up a beanbag and tosses it into the basket that they think is the most appropriate.
- Group then discusses this choice, and children can offer another choice. Continue discussion until consensus is achieved on which plan it is and why.
- Continue in this format until all scenarios have been evaluated or it seems that the children have lost interest.

## Variation:

- Have the players come up with their own scenarios.

## WHICH PLAN IS IT [BEAN BAG GAME] SCENARIOS & ANSWERS

Brad is having a blow-out because he can't get his computer to do what he wants. Just then, his dad appears at the door. He tells his Dad to "just go away". Dad would like him to speak more respectfully and to feed the dog right now, but decides not to ask him at this moment. Brad stays in his room to chill out for a while.

Answer: **Plan C**

David wants to watch one of his favourite TV shows, but his mother wants him to get to bed early because he has a hockey tournament that starts early tomorrow and goes all day. David's concern is missing his favourite show. Mum's concern is his need for sleep to feel good enough to play in the tournament. They talk and come up with the ideas that he can watch the first half hour tonight, record the rest, and watch the rest at a later time.

Answer: **Plan B**

Joey took his brother's basketball to play on the neighbour's driveway, but the neighbour is repairing his garage roof above the driveway right now. Dad says "Joey, I know that you won't be happy about this, but I am saying no to shooting hoops right now because it is too dangerous".

Answer: **Plan A (Safety)**

Jill's mum would like her to make her bed right now, but she knows that Jill is stressed about her exam at school today and is trying to get her books together to catch the bus soon. This just doesn't seem like the right time to work on room tidiness, even though it has been an issue.

Answer: **Plan C**

Jessica's homework is mostly completed, but she is tired and feeling restless. Her parents say "you can't leave the dining room until your homework is totally done".

Answer: **Plan A** (How could you turn this into a Plan B ?)

Mum takes the last blue popsicle.

Tina: I wanted the last blue popsicle! Now there is only banana and strawberry left. I hate those ones.

Mum: I really felt like the blue kind but I also like strawberry too, so I'm okay with that, here you go.

Answer: **Plan C** ( could they have done Plan B on this issue in another way )



Mum asks Josh to help mow the lawn. Josh wants to go to the park. Mum says "NO". Josh persists and Mum lets him go.

Answer: **Plan C**

Mum & Tim standing in a grocery check-out line

Tim: Mum, can I get this chocolate bar?

Mum: Okay, but can you wait until we get home to eat it? It's really hot out today and I don't want chocolate all over the car!

Tim: Okay, put it in the grocery bag so I won't be tempted!

Answer: **Plan B**

Mum is expecting an important phone call at 3:00 o'clock about a doctor's appointment. Jennifer has been on the phone since 2:00 and now its 2:55. Mum tells her to end her call right now. Jennifer slams down the phone.

Answer: **Plan A**

Mum: Julie, it's time to stop watching TV and start doing your homework.

Julie: Go Away! I don't want to!

Mum: Julie, you've got till I count to three. 1..... 2..... 2 ½ .....

Answer: **Plan A**

Dad wants to go grocery shopping. John wants to play outside. Dad says "No, you have to come to the supermarket with me". John has a meltdown.

Answer: **Plan A**

Joe: Can you buy me this super soaker water gun, Mum?

Mum: No.

Joe: But Mom..... I.....

Mum: Joe, I said No.

Answer: **Plan A**

Carly is late for school. When Mum talks to her about her concern, she flips out. Carly gets easily distracted. Mum and Carly discuss this and they decide that Mom will walk with her to school.

Answer: **Plan B**

Dad tells David and Joe to clean their rooms. Joe and David refuse to go. Dad asks why? Joe cleaned his side of the room when he got up. David is tired and overwhelmed with the mess. David asks for Dad's help. Dad agrees and Joe gets to play.

Answer: **Plan B**

Mum asks Jake to clean his bedroom. Jake says "NO". Mum cleans it for him.

Answer: **Plan C**