

# My 5 STEPS TO SOLVE ANY PROBLEM

Use this step-by-step guide to solve any problem, no matter how big or small. This activity trains your brain to check-in what you're feeling, find solutions and practise the skills you need to overcome challenges. You'll be surprised how quickly you'll build the confidence to face any obstacle!

Follow the steps below to create your problem-solving accordion and keep it handy so you can refer to it anytime you need.

**1** Print pages 1-3. Cut out the paper giraffe head and legs and set aside.



**2** Cut the step page along the dotted lines and **do not** cut the solid lines. Tape the steps together without overlapping. Fold the strips on the solid lines like an accordion.

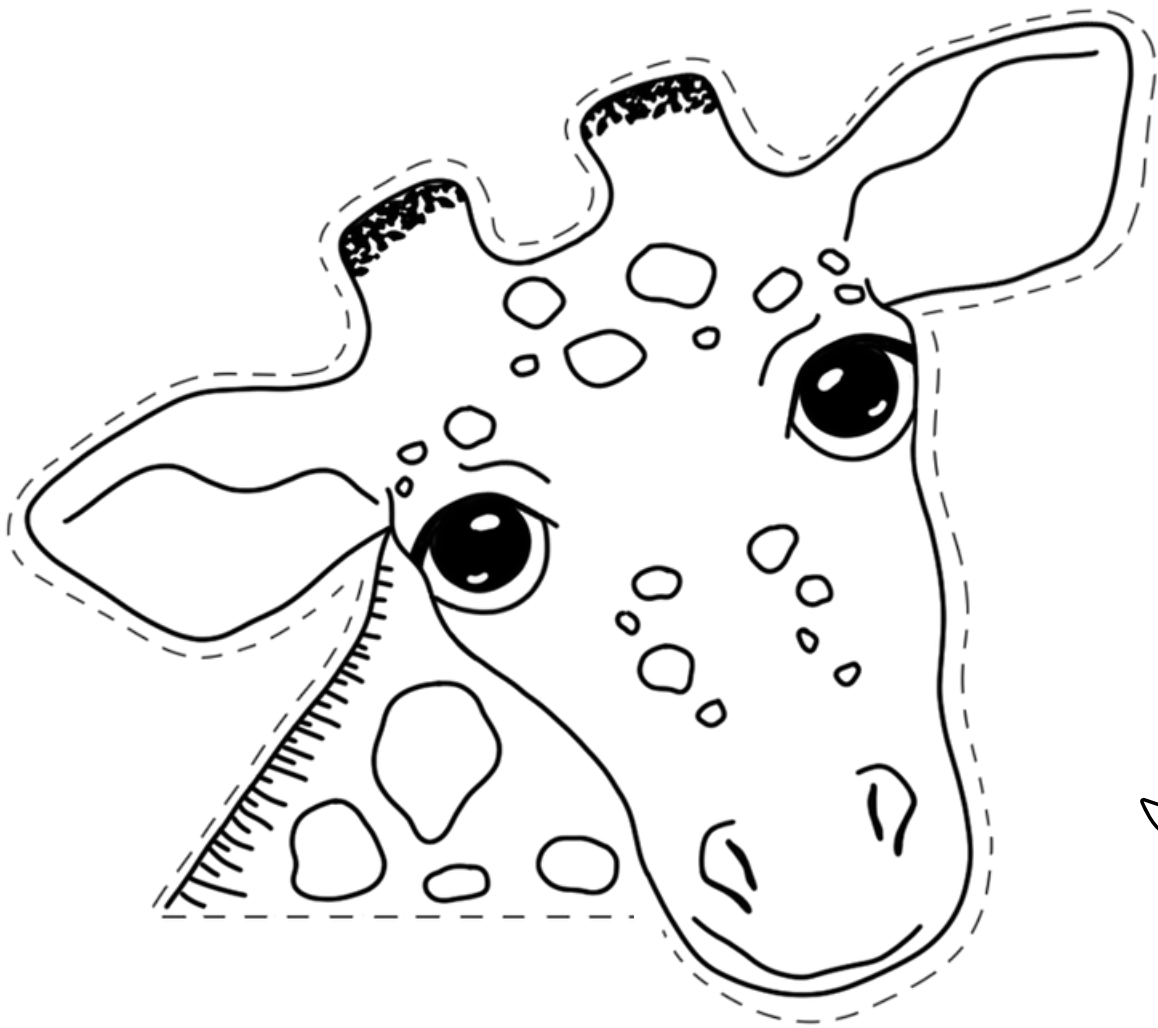


**3** Tape the giraffe head on top of Step 1. The mouth will overlap, which will hold the steps in place when collapsed. Tape the legs on the bottom.

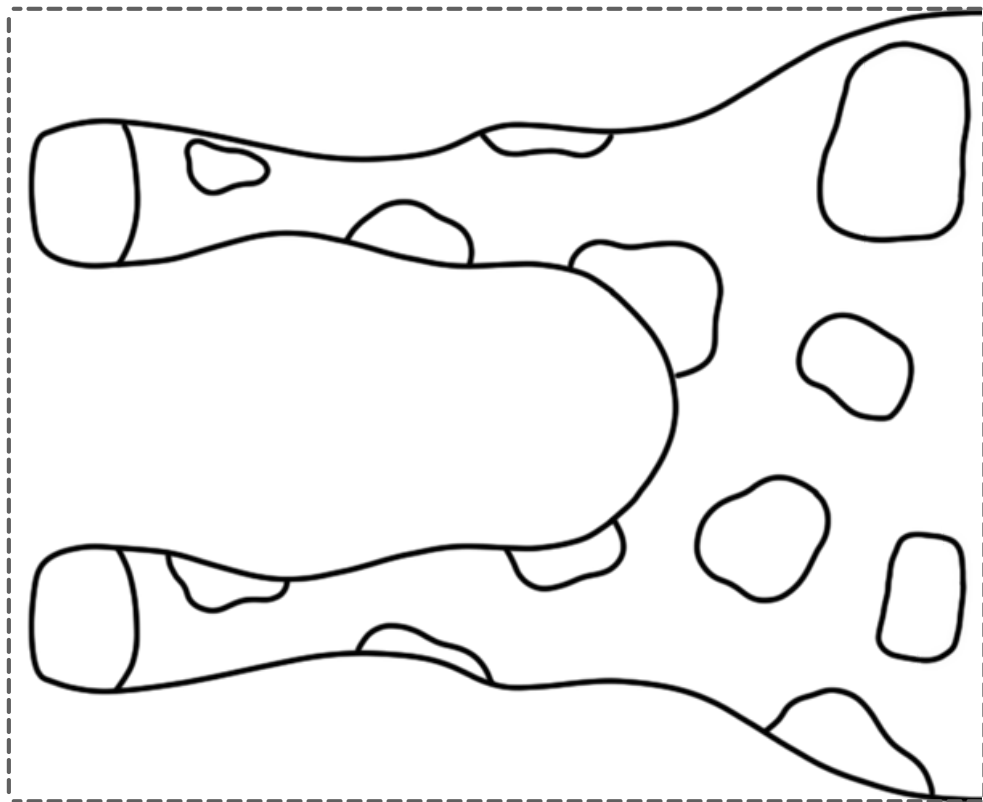
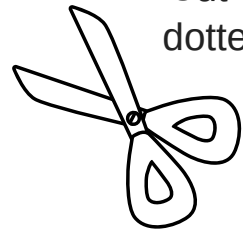


**4** Fold the steps like an accordion to collapse and tuck them under the giraffe's mouth. Colour your giraffe and when you need help solving a problem, unfold and follow the steps.





Cut on the  
dotted line.



# STEP 1

## WHAT AM I FEELING?

Am I curious, calm, angry, disappointed or anything else?

# STEP 2

## WHAT'S THE PROBLEM?

The challenge I'm facing is...

# STEP 3

## WHAT ARE THE SOLUTIONS?

How can I solve this?  
(list as many solutions as you can think of)

# STEP 4

## WHAT WOULD HAPPEN IF...?

What would happen if I tried each of these solutions?

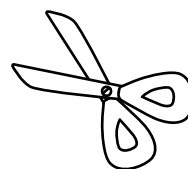
# STEP 5

## WHICH ONE WILL I TRY?

I will choose one solution to try.  
If the solution doesn't work, I will try another one. I will keep trying until the problem is solved.

**I'M A  
PROBLEM  
SOLVER!**

*Big Life Journal*  
**MY 5 STEPS  
TO SOLVE ANY  
PROBLEM**



Cut on the dotted line only,  
**fold** on the solid line



## EPISODE 48 GUIDE

### IN THIS EPISODE, CHILDREN WILL

- get **inspired** by Theo, a real Big Life Kid who made a difference in his community
- be reminded that problems can often be solved with unique **solutions**
- join in on a fun **problem solving** activity

### DISCUSSION QUESTIONS

- The episode takes place at a charity auction. Pick up the nearest item to your left and put on your best auction voice. How would you describe the item and persuade people to bid on it?
- Theo wanted to improve the homelessness issue in his community. What is a problem you would want to solve in your community? How would you approach solving this problem?
- What is a problem, big or small, that you recently faced? How did you try to solve the problem?

### TRY THESE ACTIVITIES

- Try the Ways We Can Make a Difference Printable from the [Podcast Season 1 & 2 Printable Kit](#). Just like Theo made a difference in his community, this activity will remind your child of the ways they can make a difference in theirs.
- Practise problem solving together by asking your child open-ended questions. Doing so improves a child's ability to think critically and creatively, ultimately making them better problem-solvers. Examples of open-ended questions include "how could we work together to solve this?" or "What do you think would happen if...?"
- Listen to [Episode 17- Discover the Superpower of Kindness](#), the episode that inspired Theo to solve the homelessness problem in his community and give back to others.

*The Big Life Kids Podcast is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Podcasts and other platforms. Listen to episode 48 on Apple Podcasts and leave a review. All kits can be found on [biglifejournal-uk.co.uk](http://biglifejournal-uk.co.uk).*

Big Life Journal

[biglifejournal-uk.co.uk/podcast](http://biglifejournal-uk.co.uk/podcast)

Over 500,000 children around the world use Big Life Journal's products with great success!  
Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



**Get Resilience Kit**



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

**Get Confidence Kit**

**Shop All Store**

Use our resources and see your children become more **CONFIDENT, RESILIENT, and SELF-LOVING!**

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