



## Juniper Hill School – Life Skills Curriculum Problem Solving

**Topic: Problem Solving** (Juniper Hill School's own topic)

Children's ability to solve problems is related to self-esteem and perseverance. Before trying to solve a problem, the children need to feel they have a set of skills to help them. They need to be able to be flexible, accept that they are facing a problem! They need to be able to step back, not get cross or angry, to not be impulsive, to pause and think.

Children need to be taught to seek information out to support them; this may involve asking friends or adults for help. They need to trust others around them and themselves. They need to have the confidence to make a decision, to lean into their problems and not ignore them.

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<b>Lesson 1 Anger Management</b>	I know the signs I am getting angry. I am starting to recognise that when I am angry I need time out.	I know the signs I am getting angry. I am starting to recognise that when I am angry I need time out.	I am developing strategies I can use to manage my anger such as 1. Think before I speak 2. Once I am calm, express my anger 3. Use exercise to help calm me down Recognise when I need time out	I am developing strategies I can use to manage my anger such as 1. Think before I speak 2. Once I am calm, express my anger 3. Use exercise to help calm me down Recognise when I need time out
<b>Lesson 2 Impulse Control</b>	I know it is important to think things through before I act. I know that it's important to take turns when I play a game and share with others.	I know it is important to think things through before I act. I know how important it is to share, take turns, and let other people talk.	I know the difference between a reaction and response. I know I need to try and use a power pause before I respond in any situation.	I know the difference between a reaction and response. I know I need to try and use a power pause before I respond in any situation.



## Juniper Hill School – Life Skills Curriculum Problem Solving

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<b>Lesson 3</b> <b>Trust</b>	I know what trust is. I know who I can trust when I have a problem. I know that trust is something that is built up over time.	I know what trust is. I know who I can trust when I have a problem. I know that trust is something that is built up over time. I know that trust is important. If people trust me I shouldn't abuse it.	I know that trust is built up between people over time. I know the importance of holding someone's trust. I know that when I am facing a problem I need to trust myself. I need to believe that I can solve my problems with the resources available to me.	I know that trust is built up between people over time. I know the importance of holding someone's trust. I know that when I am facing a problem I need to trust myself. I need to believe that I can solve my problems with the resources available to me.
<b>Lesson 4</b> <b>Seeking out and considering the information available to me.</b>	I know that before I make a choice I need to find information to help me. This helps me to think about different ways I can solve a problem.	I know that before I make a choice I need to find information to help me. This helps me to think about different ways I can solve a problem.	When I need to solve a problem, I need to think about what information is available to me to help me make my choice. I need to reflect on the information I have available to help me consider the best way to solve a problem.	When I need to solve a problem, I need to think about what information is available to me to help me make my choice. I need to reflect on the information I have available to help me consider the best way to solve a problem.



## Juniper Hill School – Life Skills Curriculum Problem Solving

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<b>Lesson 5</b> <b>Having the confidence to act!</b>	I know that sometimes I have to be strong and face my problem, rather than avoiding it.	I know that sometimes I have to be strong and face my problem, rather than avoiding it.	I know that it's important to lean in and try to solve a problem rather than ignoring it. There are times when I have to be confident to make a decision. I need to remember that my problems won't go away.	I know that it's important to lean in and try to solve a problem rather than ignoring it. There are times when I have to be confident to make a decision. I need to remember that my problems won't go away.
<b>Lesson 6</b> <b>Flexibility</b>	When something doesn't go the way I want it to, I know I need to try and accept it without getting upset. I need to remember that sometimes when I try to solve a problem, it won't always work and I have to try looking at it in a different way.	When something doesn't go the way I want it to, I know I need to try and accept it without getting upset. I need to remember that sometimes when I try to solve a problem, it won't always work and I have to try looking at it in a different way.	I know that when something changes / doesn't go the way I want it to, I need to shift my thinking and be flexible. In these situations I need to try to stay calm, not get upset and try to consider other ways to solve my problem, or which people I trust are available to help me.	I know that when something changes / doesn't go the way I want it to, I need to shift my thinking and be flexible. In these situations I need to try to stay calm, not get upset and try to consider other ways to solve my problem, or which people I trust are available to help me.