

GUIDING PRINCIPLE 3

ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



Strategy: Problem Solving—Size of the Problem

Audience: Kindergarten to Grade 8

What:

- To support remote learners to develop problem-solving and self-regulation skills
- To provide students with a visual to match how the size of the emotional reaction should match the size of the problem

How:

- Using the thermometer as a tool, discuss how the size of the emotional reaction should match the size of the problem. Discuss the types of difficulties/problems that arise as a remote learner. Provide examples from a teaching perspective
- Discuss the list of problems generated and cluster them into categories. Name the categories (e.g., technology, working in a small group, working independently, environment, getting motivated, and distractions)
- Ask students to document a list of problems they encounter as a student learning remotely over several days and to self-reflect on their reactions with the goal of matching the reaction closer to the size of the problem

Note: Sensitivity is needed as some students may be experiencing personal/family difficulties while learning remotely. Encourage students to speak privately and connect them with appropriate supports and resources.

Materials:

- *Problem Solving Thermometer*
- Video—Social Thinking: Size of My Problem Poster

Example:

Problem Solving Thermometer

PROBLEM SOLVING THERMOMETER

Size of the Problem (0-3)

Feelings and Responses in a smaller way to medium and small size problems (4-6)

Feelings and Responses for MEDIUM Problems (7-10)

Feelings and Responses for SMALL Problems (0-3)

Not a Problem (0)

Not a Problem (0)

Red is Big on the Scale (0-3) but Express it Smaller when in PINK (0-3)

Download Thinksheet

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Inclusive Practices to Consider:

- If a student requires prompts to go through the visual, provide a graphic script (such as a sequence of pictures for a written list of steps)
- Some students may need to be taught in a small group or 1:1 first, followed by whole group

Reference and Links:

Social Thinking: Size of My Problem Poster
<https://www.youtube.com/watch?app=desktop&v=91vKS-WrYWI>

Teaching Tools to Support Social Emotional Learning
<https://www.socialthinking.com/free-stuff/books-thinksheets>