

CRITICAL THINKING & PROBLEM SOLVING

Parent Resource

GRADES
K-2

What is critical thinking and problem solving?

Critical thinking and problem solving means gathering information to think through and determine the best solution.

As your child gets older, he or she will need to continue developing critical thinking and problem solving skills to be successful in school and life. He or she can use these skills to make responsible choices, accomplish goals and maintain positive relationships through effective communication, collaboration and conflict resolution.

In kindergarten through second grade, children begin or continue:

- ✓ Recognizing desires, needs and wants.
- ✓ Seeking help when unable to resolve problems.
- ✓ Identifying the importance of sharing thoughts and ideas.

Below are ways you can help your child learn, practice and demonstrate critical thinking and problem solving skills:

INTRODUCE THE TERMS



Introduce the terms critical thinking and problem solving to your child's vocabulary. It is important for your child to understand what the meanings are and how to apply these concepts to his or her life.

CHOOSE A BOOK ON RESILIENCY



Choose a book from the Resiliency Reading List (BuildResiliency.org), read the book together and discuss how the characters resolve challenges within the book. What strategies can your child use in his or her life?

WORKING WITH YOUR CHILD TO UNDERSTAND THE IMPORTANCE OF CRITICAL THINKING AND PROBLEM SOLVING WILL HELP HIM OR HER TO BECOME CONFIDENT, INDEPENDENT AND SUCCESSFUL.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying strategies and ways to work together to solve problems.



Modeling how disagreements can be settled using conflict resolution skills such as compromise, negotiation, agreeing to disagree and analyzing pros and cons.



DINNER TABLE CONVERSATION STARTER

Each family member takes a turn sharing a challenge that he or she encountered today. What were the strategies to solve the problem and what was the outcome?

RESILIENCY
FLORIDA