

**Week 8:**

**Problem solving**

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| **Action Plan**  The Action Plan activity helps us come up with our own ideas on how to proceed when we face a difficulty. Have a go at using these questions to guide your thinking about a problem.   * What happened? * What was the result? * What were you thinking at the time? * What have you learned that can help you? * What new ideas do you have for moving forward? * What's your new plan? * What will you think about to keep yourself going? |