

Day Two: Let's Try to Solve It

Explore (20 minutes)

Children will practice identifying problems and trying ways to solve them.

Supplies

- » **Breathe, Think, Do** Chart
- » Tape
- » Your set of **Breathe, Think, Do** Cards
- » Word Garden

Setup

- » Post the **Breathe, Think, Do** Chart up on the wall.

Goal

- » Introduce the strategy “Try, Try Again” as part of **Breathe, Think, Do**

Activity

1. Gather children and have them sit in a circle on the floor.
2. Ask, “What do we do when we have a problem?” Hold up your **Breathe, Think, Do** Cards, one after another. As you hold up each card, encourage children to say “**Breathe, Think, Do**” as they do the poses.
3. Show children the **Breathe, Think, Do** Chart on the wall. Explain that you are going to use the chart to talk about a problem that Elmo has.
4. Share the problem. Say, *“When Elmo is getting ready for bed, he tries to button his pajamas by himself. He can’t get them buttoned and gets very frustrated. He wants to be able to button his pajamas all by himself!”*
5. Point to the **Think** column on the chart and say, “Let’s **think!** What is Elmo’s problem? How is Elmo’s problem making him feel?” Have children use the Word Garden to find the right word. Now say, “What is Elmo’s plan? Let’s come up with some plans for Elmo to try.”
6. Encourage children to **think** of their own ideas. Suggest the idea to “keep trying.”
7. Point to the **Do** column. Discuss the ideas children have suggested. Ask, “Which one would you try?” Act out a scene of what would happen.

