

Problem-Solving Together

Bouncy is hiding in the dirt, unhappy and out of sorts. Keenly reaches out to Bouncy, and the two of them approach Sage who listens tenderly, helping Bouncy recover.

Narrated Message // *Life has many challenges. Sometimes children can feel troubled and find it difficult to talk to us. Getting support from our friends, family, Elders and community is an important first step toward finding solutions. Our Elders are there to listen, offer guidance and help problem-solve. It is important that we be approachable, and recognize how much courage it takes for children to share their problems.*

IDEAS

- Sometimes it is not easy to talk to others about problems; we can feel helpless and alone. When we are able to talk about our problems with others, it can help us heal.
- It can be difficult but it is important to stay calm and listen deeply to our children. This gives them the message that their feelings and ideas are important, that they still have a say and that you are there for them. Breaking down barriers by caring, listening and offering support is a way for peers and adults to help.
- Getting upset or rushing to fix a problem can result in children feeling more powerless. Listening carefully and with compassion helps children to talk freely. Allowing children to tell the story at their own pace and in their own way can go a long way. Encouraging children to develop their own ideas, and to learn how to problem-solve builds their strengths.

QUESTIONS FOR GROUP DISCUSSION

Family Members

1. What are some of the messages in this film?
2. How can we support our children when they come to us with a problem?
3. How could a teacher or the school help you to help your child feel better about themselves and learn how to problem-solve?
4. What kinds of questions would help children learn to reflect and problem-solve?
5. What are some characteristics of a positive role model? Who are the positive role models in your family or in your community?

School Staff and Community Leaders

1. What can you do to help improve students' self-esteem and their problem-solving skills?
2. What are important ways to take action when working with Aboriginal students?
3. What kinds of questions would be useful to ask in helping students develop their problem-solving skills?
4. How can you and your school work in partnership with Aboriginal children and their families to support them in building their self-worth and confidence?
5. How can we model positive problem-solving skills in our classrooms?
6. Are there any additional responses that might further support and meet the specific needs of Aboriginal children and family members?