Life Skills & Emotional Intelligence
Park Day Problem Solving

- What went through your mind when you realized what had happened?
- What impact has the incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make it right?
- What happened?
- What were you thinking/feeling at the time?
- What have you thought about since?
- Who has been affected by what you have done?
- In what way have they been affected?
- What do you think you need to do to make things right?

Park Day People:

- CARING: have genuine concern for others
- COMMON SENSE: think things through
- COLLABORATION: work together towards a common goal
- COURAGE: face challenges with confidence
- CURIOSITY: a desire to learn about a wide range of topics and perspectives
- EMPATHY: understand and value others and their feelings
- ENGAGEMENT: connect with focus; demonstrate effort and commitment
- INITIATIVE: doing something because it needs to be done
- INTEGRITY: act according to what’s right and wrong
- KINDNESS: being warm-hearted and considerate, communicating with care
- ORGANIZATION: plan, arrange, implement, and pivot in a structured way
- PATIENCE: wait calmly for something
- PERSEVERANCE: continue in spite of challenges
- PRIDE: satisfaction from doing personal best
- PROBLEM SOLVING: seek various solutions in challenging situations
- RESPONSIBILITY: accountable for actions
Park Day Language & Classroom Cues:

- AGREEMENTS: Class understandings to guide behavior and community norms.
- APPRECIATIONS: Specific and sincere positive feedback to acknowledge others.
- BE AN ALLY: Show empathy for a friend who is struggling, and ask how you can help.
- BE FLEXIBLE: Stretch and be open to ideas.
- BEST INTENT: Assume that others mean well.
- BUBBLE SPACE: Be aware of personal space and respect others’ personal boundaries.
- EVERYDAY MANNERS: Say please, thank you, and excuse me. Move thoughtfully through the world.
- FAIL BIG: Take risks; learn from what didn’t work.
- GOOD CHOICES: Stop and think first! Consider what will happen next.
- HONOR THE EXPERT: Show respect and ask good questions.
- MAKE A DIFFERENCE: Understand personal responsibility and power to help.
- I STATEMENTS: Speak for yourself and not the group.
- KINDNESS FIRST: Voice kind words and zip hurtful ones.
- MATCH UP: Observe before joining; match energy and pace to the group.
- MISNAPS: Mistakes are opportunities.
- “R” RESPECT SIGN: Show good listening by focusing on the speaker
- READ THE ROOM: Consider the mood of the room; adjust behavior accordingly.
- REWIND: When emotions are flooding, take a brain breather and start again.
- SEE SOMETHING; DO SOMETHING: When you see a problem, do something about it.
- SENSE OF OCCASION: Read the room and understand what behavior is appropriate.
- STEP UP: Take courageous risks to do what needs to be done.
- STEP BACK: Generously provide space for others to take risks and step up.