

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?
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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.
- **MIS^tAKES:** 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.

Love learning.