Lesson Plan on How to use the STEP problem solving technique in the classroom

Objective- The objective is for the students to get better at solving problems on their own and to also own recognize their own feeling as well as others.

First day – Introduce to the students the program. Tell them they will learn a process on how to become better at solving problems their problems. Ask the students what kind of problems or disagreements they have in school or at home. Write on a chart paper the things they state. Then, talk to the students about how it feels when you’re stuck in a situation when we can’t solve a problem. Make a chart and write down the emotions and feelings that the students come up with.

Watch the video on the first part of the Step Program. Explain to the students that the first step in this problem solving process is stating the problem first but stating it without blame. They may need to calm down before they express their feelings. After the explanation, give the students some different scenarios and ask the students to state the problem. You may have students volunteer to act out the scenarios.

Check for understanding-

Ask students to share with a partner about what they think the S means in the STEP problem solving process. Call the students back and ask for volunteers to share with the class on what they think the S means in this program.

Second Day- Go over previous days charts. State to the students that today they are going to learn what the T stands for in the next process. Explain to them that the T stands for thinking of solutions to solve the problem. From there, pick one of the problems that is on the problem chart and ask for some suggestions on how to solve the problem. Then briefly discuss how these solutions would affect those involved in the problem. This discussion leads into the E of the problem solving process. Explore the consequences of what you say and/or what you may do that could negatively or positively affect the outcomes of the problem. Remind the students that the solution they come up with has to make the parties involved feel that their needs are being met too. Give students a scenario on where they need to come up with one or two solutions on how to solve the problem. Remind them to think of the consequences for their solutions. Also, ask them if the parties involved in the solution got their needs met?

Check for understanding- Walk around the classroom and assist any students who may be stuck on coming up with solutions. Call on those students who want to share their solutions. Ask the other students for feedback on whether or not the suggested solution is one that meets the emotional needs of all involved.
**Third day**- Review the previous day’s work. Ask students to participate in what they learned the last couple of days. Play the calm down video. State to the students that today is going to be the last day to learn the STEP process. Also, state that after they learn this process they will be ready to solve problems on their. P stands for picking the best solution and putting the plan to work. Reinforce to the students that they have already thought of solution and explored consequences and now they will pick the solution and put a plan in place.

Keep the charts up for a while so students can always use them to refer to or for when they forget a step in the process.

If you would like more information on this STEP process go to youtube and search second step solving process. There are some brief videos and the calming down song that explain some of what was written hear.