

# Smart Moves for Resilience

## Problem Solving Group Activity

Problem-solving is a learned skill. Time and time again research shows that problem-solving skills supports our resilience. Finding your own solutions; assessing the type and size of a problem, and deciding what you need to do in order to resolve it are Smart Moves.

A flow chart can help you develop your problem solving skills. Being able to assess the size of a problem and rate it in severity is an important first step.

Sometimes it is easier to say 'I don't know' as an automatic response. It is smarter to have a solutions focused approach and say 'I choose to know' and use the problem solving flow chart to find solution.

**Smart Moves 1 - Concern Busting :**

- Come up with a list of Top 10 problems that college students face.
- Working on your own or in groups choose a problem to work on
- Reflect on the problem and look at different paths on the problem solving flowchart that a person could follow.
- Write down an action plan.
- Think about who is the best person to talk to.

**Smart Moves 2 - Accept what you can and can't solve:**

Create a list - 'Problems I can solve ; Problems I can't Solve'

### Problem Solving Group Activity 1 - Wool Webs

Divide into teams of equal numbers. Each team gets a ball of wool. Teams need to create a web using only the yarn. Once the teams have finished switch the teams around so that every team has a web other than their own.

Each team then blindfolds one team member. The goal is for the blindfolded individual to unwind the web following the verbal instruction of their teammates. In order to be successful, team members must concentrate, and give/follow directions. The first team that has dismantled the web wins this game.

### Problem Solving Group Activity 2 - Move It!

Divide into two teams. Line up front to back. Have the two groups face each other. Using chalk, spray paint, or masking tape (depending on the play surface) mark a square space for each person to stand on with one extra empty space between the two facing rows. You may also use a piece of paper for each person. The goal is for the two facing lines of players to change places.

Restrictions on movement: ✓ Only one person may move at a time. ✓ A person may not move around anyone facing the same direction. ✓ A person may not move backward. ✓ A person may not move around more than one person on the other team at a time