

Topic 4

Problem Solving

Resources required

- Hula hoops
- Floor markers or sheets of paper

Lesson 2: Calm Minds, Clever Teams

Learning Intentions

- Use problem-solving strategies, communicate clearly, and manage emotions while completing challenges

Theory (2-5 minutes)

Ask:

What makes a team work well?

What do you do when things get frustrating?

Teach Three Mini-Tools:

- Take a big breath to stay calm
- Use kind, clear words to solve problems
- Try a new idea if the first one doesn't work

Warm up - Team Shape Builder (5 minutes)

1. teacher calls out a letter of the alphabet.
2. Students run to form that letter using only their bodies (can be individual or groups)

Activity: Team Work Stations (15 minutes)

Split group into teams of approximately 10 students. They work through each task simultaneously.

1. Human Knot Untangle (no equipment)

How it works:

- Teams stand in a circle and randomly hold hands with two different people.
- Without letting go, the group works together to untangle themselves into a circle.

2. River Crossing (Equipment: A few pieces of A4 paper or floor markers)

How it works:

- Teams must get everyone across a marked "river" using only the paper stepping stones.
- A stepping stone cannot be left without someone touching it.
- If one is left behind, the team restarts.

3. Hula Hoop Pass (Equipment: 1 hula hoop)

How it works:

- Teams hold hands in a circle.
- Without breaking the chain, they pass the hula hoop from one end to the other.

4. Line-Up Challenge (no equipment)

How it works:

- Students line up in silence based on a prompt e.g. Birthday month, height, middle name alphabetised etc
- After finishing, teams discuss what communication strategies they used without speaking.

Wrap-Up: (2 minutes)

- "What helped your team solve the challenges?"
- "When did you need to stay calm and think creatively?"