



My Brain Book
Problem Solving Reflection Questions (Adults)

1. Did I wait for everyone to cool down before problem solving?
2. What happened or what was the problem? Reflect on behavior as if you are a reporter writing an objective article, not an opinion piece.
3. What part of the brain elicited the behavior seen or experienced? (Cortex/purple, Limbic System/Blue or Brainstem/Red¹)
4. What was my response to the problem in the moment?
5. What part of the brain related my response? (Cortex/purple, Limbic System/Blue or Brainstem/Red)
6. What happened RIGHT BEFORE the problem started?
7. What is/are the child's (children's) side(s) of the story?
8. What cultural cues could have played a factor in the problem?
9. Who is/are this/these child's (children's) identified safe adult in the home/school/youth setting? If this/these child(ren) is/ are become dysregulated with frequency, could we identify 2 or 3?
10. What specific SEL or Positive Discipline² skills would be helpful to learn so this problem does not have to happen again in the future?
11. What is our plan to explicitly teach, model and practice these skills for this/these students?
12. What connection and accountability tools will be helpful for adults to know and learn to make a difference with this these child(ren)?³
13. (What difference will it make when this/these student(s) is/are 2, 5 and 10 years from now to have practiced and made mistakes in our low stakes, supportive environment for the next two months?)
14. What are some "micro-progress"⁴ steps that will indicate forward progress along the way?
15. How will we celebrate progress?
16. What are our potential setbacks? How will we manage those?
17. What needs to be added to the **community** conversation to help prevent similar struggles from happening in the future?

¹ **My Brain Book**, Kristin Hovious, SEL Chicago, 2018 available here: <https://img1.wsimg.com/blobby/go/00c8717f-79d2-4cba-a9bd-f2416c6f4132/downloads/Our%20Brain%20Book%20-%20with%20Dedication.pdf>

² Specific Skills from Positive Discipline Curriculum as identified here: <https://img1.wsimg.com/blobby/go/00c8717f-79d2-4cba-a9bd-f2416c6f4132/downloads/AND%20Theory%20of%20Relationships.pdf>

³ See the SEL Chicago Anchor Chart here: <https://img1.wsimg.com/blobby/go/00c8717f-79d2-4cba-a9bd-f2416c6f4132/downloads/Connection%20and%20Accountability%20Anchor%20Chart.pdf> and explore the research behind the tools in Positive Discipline for

⁴ Listen to Mindset Neuroscience Podcasts by Stefanie Faye Frank to learn more here <http://stefaniefayefrank.com/learn/>