

▶▶▶ PROBLEM REFRAMING ▶▶▶

Facing a problem can be hard or overwhelming which makes it hard to find a solution but PPR can help! Label the examples below as step 1, 2, or 3. Then next time you are faced with a challenge, break it down.

1 PROBLEM IDENTIFICATION

Identify the problem that is holding you back. Write it below.

- I won't know the answer if the teacher calls on me.
- If I listen during the lesson, I will be more likely to know the answer!
- I will always know the correct answer.

2 POSITIVE REFRAME

Write how your problem would be solved in a perfect world!

- If I try my best then I can be happy with the throw I make.
- When I throw the ball it won't reach my target.
- I will make the perfect throw every time.

3 REALISTIC REFRAME

Find a solution that will solve your problem and can be done using what you already have.

NOW USE PPR TO SOLVE A CHALLENGE YOU ARE FACING!

