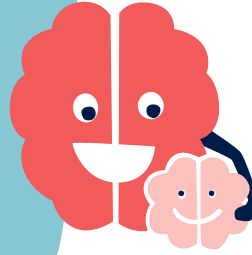
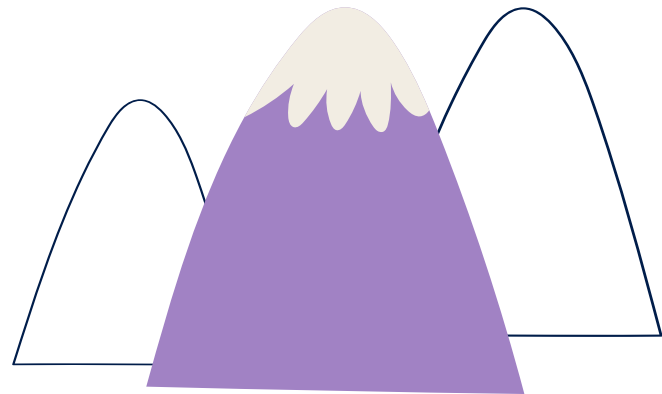


# Solving Problems Together: Climbing My Challenge Mountain



Helping your child learn to solve problems is like teaching them to build strong muscles - it boosts their confidence and prepares them to handle challenges. Sometimes, a problem can feel as overwhelming as standing at the bottom of a huge mountain. It might seem impossible to climb at first, but by breaking it into smaller, manageable steps, they can find their way to the top.

This worksheet is designed to guide your child through tricky situations with your support. By working through the steps, they'll practice breaking challenges into smaller parts, exploring different solutions, and reflecting on what works best. With your encouragement, they'll learn that every step they take builds their mental fitness and problem-solving skills. By the end, they'll feel proud of how they tackled their "mountain."



Let's build our mental fitness together

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### How did it go? Did it work?

Write down what happened when you tried your choice?  
How do you feel?

### If this didn't work, what's something else I can try?

If your first option didn't work, write down another idea to try. Remember, every climb teaches you something new!

We all have mountains we need to climb. Some are bigger than others, but every step gets you closer to climbing your mountain. Keep climbing, even if you need to change paths, and you'll get stronger with each try!

### Which path will I choose?

Write down the choice you think is the best path and explain why it will help you solve your problem:

### What will the climb look like on each path?

For each choice, imagine how it might help or change things. Write one possible outcome for each path:

Path 1

Path 2

Path 3

### What mountain do I want to climb?

Write down the problem you're facing.  
This is the mountain you're looking up at:

### What paths can I take to get to the top?

Think of 2-3 ways you could solve your problem.  
Each one is a path up the mountain:

1

2

3

START  
HERE

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