**Whole Child Lesson**
**Grade 6-12**

**Topic:** Analyzing Situations

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**Breathe**

Sometimes we can feel confused when analyzing a situation. One helpful technique is to stop and breathe... take a few minutes of mindfulness to connect with clarity.

Let’s try...

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**Learn**

Everyone faces challenges, problem solving involves skills that everyone can learn and practice..

Here’s some tips to analyze like Sherlock Holmes:

- Practice problem solving, have some fun and learn something new!!
  - Learn to code: [https://code.org/](https://code.org/)
  - Learn to play chess: [https://www.chess.com/](https://www.chess.com/)

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**Move**

Can you feel WAY better in 15 minutes? Yes!

Analyze how you are feeling now. Try the 15 minute video below and then analyze the change.

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**Grow**

Write about a challenge you are currently facing. **Steps to consider:**

1. Understand the Problem-Ask:
   - What do you already know? Make some observations
   - What do you need to know?
   - What is your plan if you get stuck? How can you overcome the obstacles?

   **What if you get stuck?**

   Check this video out when you feel like there is nothing you can do: