**Whole Child Lesson for Families**

**Topic: Problem Solving**

### Breathe

Today’s breathing activity are exercises to strengthen the mind. The set of simple exercises described in this work focuses on improving general well-being and supporting brain health. If you repeat this short finger workout on a daily basis, the stimulation traveling from your fingers directly to your brain will help to rejuvenate your body and make your brain more efficient.

### Learn

One technique for solving problems is to get to the root cause using “The 5 Why’s”. Here’s an overview:

And a cool, real world example from the Jefferson Memorial:

### Move

Sometimes being in a space for creative solutions helps us move through problems. Let’s do a little yoga to help our creativity flow freely!

### Grow

The 5 Why’s works great for solving relationship problems, just like technical work issues because it helps us uncover the root cause.

What is a family problem that can be investigated using the 5 Whys? Why don’t we eat dinner together? Why do we yell? Why do we get bored when we are stuck at home? Why do we only want to do electronics?