

Walk to School (WTS) Handout

Barriers:

Often times, there are barriers that stop us from being able to reach our goals. These barriers can be external like physical barriers or lack of time or they can be internal like lack of motivation. In terms of walking to school, what barriers do you think are getting in the way? Write them below:

1.

2.

3.

4.

5.

Problem Solving:

Problem solving is the process of finding solutions to difficult situations.

Problem solving can seem difficult at first, but there are some steps you can take to help you solve most situations. Here are the steps:

1. Identify the problem and set a realistic goal.
2. Come up with solutions to achieve that goal.
3. List pros and cons for each solution and evaluate them.
4. Select a solution and create an action plan.
5. Carry out the plan and determine whether it worked.

1. Identify the problem:

Forgetfulness

Set a realistic goal:

I will take my allergy medication everyday this week

2. Come up with solutions to achieve to address that problem and achieve your goal:

Solution 1 (Good): I will ask my parent to remind me to take my allergy medication	Solution 2 (Good): I will set an alarm on my phone to take my allergy medication everyday
Solution 3 (Good): I will put my allergy medication by my toothbrush so I remember to take it everyday	Solution 4 (Bad): I will try to remember taking my medication in my mind when I get home from school

3. List pros and cons for each solution and evaluate pros and cons:

Solution 1		Solution 2		Solution 3		Solution 4	
Pros	Cons	Pros	Cons	Pros	Cons	Pros	Cons
-I might feel more supported from my parents -I will have some help remembering to take my allergy medication	-They might forget too -They might get annoyed reminding me all the time	-It can remind me everyday -It takes less than a minute to set the alarm -I can set the alarm to occur everyday so I never have to change it -My phone is with me all the time	-The alarm could be annoying -I might not be home to take my medication when the alarm goes off	-I brush my teeth everyday so I will see the toothbrush -I can leave the medication in the same spot	-I might still overlook it	-This will help improve my memory skills	-If I have trouble remembering to do it now, this solution will not help -I might get busy and forget -

4. Select a solution (circle one of them) and create an action plan:

Action Plan: Within the next week, I will set an alarm on my phone to remind me to take my allergy medication everyday at 8pm and I will try to take my medication then.

5. Carry out the plan and determine whether it worked.

After setting the reminder and trying this for one week, I can say that this action plan has helped me remember to take my medication.

1. Identify the problem:

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Set a realistic goal:

I will walk to or from school _____ times this week.
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2. Come up with solutions to achieve to address that problem and achieve your goal:

Solution 1 (Good):	Solution 2 (Good):
Solution 3 (Good):	Solution 4 (Bad):

3. List pros and cons for each solution and evaluate pros and cons:

Solution 1		Solution 2		Solution 3		Solution 4	
Pros	Cons	Pros	Cons	Pros	Cons	Pros	Cons

4. Select a solution (circle one of them) and create an action plan:

<u>Action Plan:</u>

5. Carry out the plan and determine whether it worked.

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<u>Action Plan:</u>

5. Carry out the plan and determine whether it worked.