

Week 6/Segment 2: Who, what, where, and when can I solve problems?

Mission - Get into the problem-solving mindset

Try some different ways to get into the mindset...

Trick #1 - Tell yourself that you are a problem solver

What might this look like for you?

Trick #2 - Picture yourself solving problems

What might this look like for you?

Trick #3 - Retrain your brain

What might this look like for you?



Mission: Possible

A project of Einstein Academy
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Pro Tip:

These mindset tricks can work for other mindsets too -- Where else can you use them?

Mix it up...

- For ages 4-6 - Parents could help kids by modeling getting into the mindset. Talk them through what they are feeling and how they can shift their mindsets.
- For ages 7-9 - Try out each of the suggested techniques and see which one works best for you. If you're looking for bonus points, try coming up with your own way to get into the problem-solving mindset.

Share what you tried with us (MissionPossible@EinsteinAcademyCO.org)!