

## Positive Images - Positive Effect

Lasting results through putting people first.

### How can team-building activities benefit pupils in the long-term?

- ? How can problem-solving activities make children better learners? ✓
- ? How can we develop emotional resilience for upper primary pupils? ✓
- ? Why developing a 'Growth-mindset' can protect children from harmful influences within their communities and/or online. ✓

A perennial challenge for parents, carers, teachers and others is how to promote the positive attitudes and behaviours children need to become committed, 'expert' learners as well as emotionally resilient young people. Problem solving activities using the experiential learning model can help.

Is Carol Dweck's Fixed v Growth-mindset relevant here? Yes, I think it is, because creative problem solving using the experiential learning model has significant potential to help children break through fixed mindset thinking. It focuses their minds on how to use mistakes to enhance learning and on the learning gained.

Below I have outline some of the most common problems faced by educators and how using team-based problem solving activities can help:

#### The Challenge

#### Why team-based problem solving activities can help:

**Bullying?:** It is difficult for bullying behaviours to get a foothold when pupils are used to working together on team problem solving activities because they provide a positive focus, build closer relationships and mutual trust.

The nature of team activities encourages inclusivity, individual and collective social responsibility. This creates an environment that by its nature discourages bullying. What's more, the review process which is key to experiential learning can help pupils whose confidence level leaves them susceptible to become victim to bullying behaviours. The review process involves sharing ideas and feelings, listening to and considering feedback from peers. This can help them identify their strengths, learn that their contribution is valued, and thereby increase their self-worth and emotional resilience.

#### The Challenge

#### Why team-based problem solving activities can help:

**Helplessness?:** Is a learned behaviour which can be identified with a 'Fixed Mindset' which leaves young people vulnerable to the pressures of others who may wish them ill will or harm. Team building activities within school will give them confidence, reasoning skills and resilience required to resist being influenced to take part in antisocial or illegal activities. Exploitation, radicalisation, crime, drugs or inappropriate sexual activity are omnipresent dangers for children and young people. Children must become grounded and confident in the real world, if they are to succeed and be safe now and in the future. Personal empowerment is essential.

#### The Challenge

#### Why team-based problem solving activities can help:

**Unhelpful attitudes to learning:** Sowing the seeds of future educational and employment opportunities that meet the full potential of children relies on a vision of what can be achieved, and the route to success. While many have such aspirations a small number lack the motivation or commitment to overcome the challenges they face today.

Providing 'Fun', achievable, creative thinking and problem solving experiential learning activities that are short, easy to visualise and complete will raise the individual and collective self-confidence of individual pupils and the class as a whole. When they feel good about themselves, they will feel good about their potential in the world and be motivated to achieve. Problem-solving activities can also help pupils develop the learning behaviours and discipline they will need for success.

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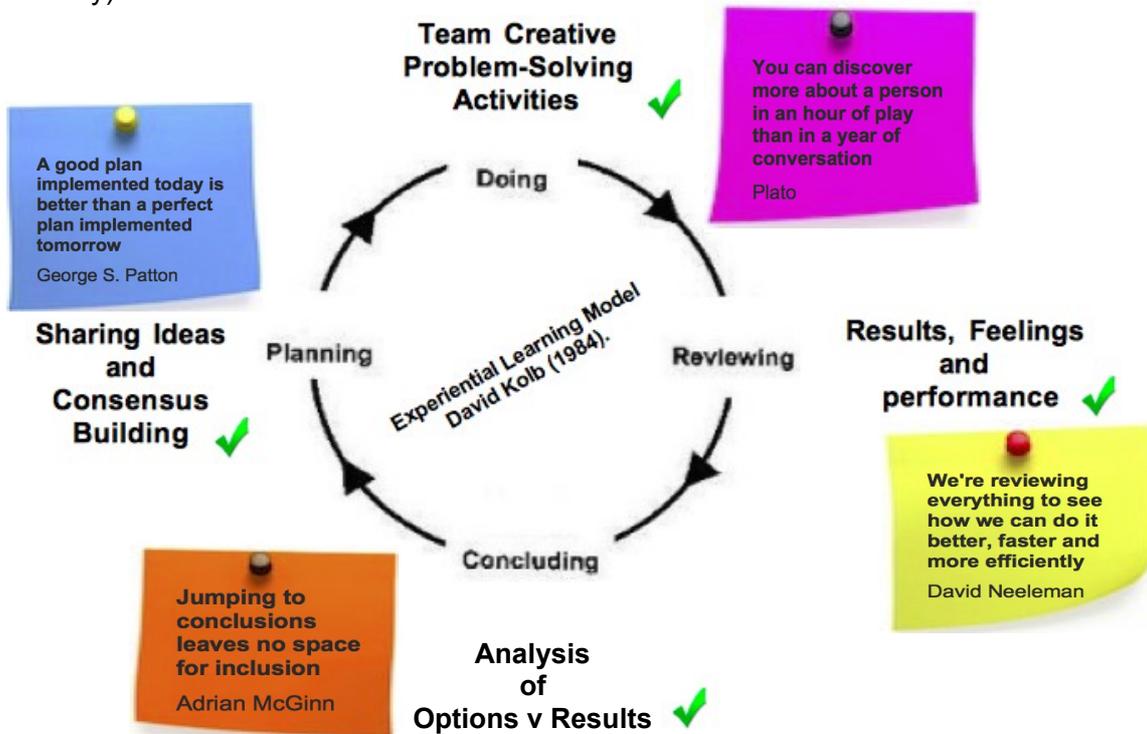
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## The Challenge

## Why team-based problem solving activities can help:

**Lifestyle:** The potential of young people and young adults is enhanced through the development of a growth mindset because it gives them the confidence to take on challenges in developing and maintaining a healthy lifestyle through the ability to review and reflect upon the potential consequences of their behaviours; Community involvement and sport will add to their self confidence and self esteem; Building self-confidence will improve and enrich their potential within their community.

The experiential learning model has the potential to impact on behaviour and learning to a far greater extent than taught learning because it involves the “whole person”...the mind, body and emotions. If any one of these essential aspects is missing, the learning process is impaired.” (Kovalik, Hannahford, Hart, Healy, Schechley)



We believe Integrating interactive problem solving activities into your lessons will give pupils an opportunity to:

- ✓ Achieve individually and as part of a team
- ✓ Accept and complete set challenges individually and collectively
- ✓ Develop the resilience to persist in the face of setbacks and obstacles
- ✓ Learn to seek, consider and accept feedback from peers
- ✓ Learn to give feedback that is kind and constructive
- ✓ Become motivated and inspired by their own and the class's achievements



For a selection of **FREE** problem team solving activities that you can use with your pupils to help develop a growth mindset, see our activity sheets by following this link <http://www.positiveimages-positivetheeffect.com/index.asp?pageid=571653>