<u>Students activity book</u> - I have a problem: I need to prepare a meal!

Resolve - brief explanations	Webster's dictionary defines resolve as: the fixity of **purpose** ; a legal or official **determination**; a resolution or determination made, as to follow some course of **action**; firmness of purpose or intent; determination in **finding a solution**; a firm determination to do something; formal strong determination to succeed in doing something; the trait of being **resolute** according to the vocabulary.com.
A glossary of terms	habit resolve purpose determination action solution resolute
Basic instruments/ materials	● Text "I have a problem: I need to prepare a meal!" and chart
Short instruction of the training sessions or the activities	Read the text "I have a problem: I need to prepare a meal!" After reading the text relate the main troubleshooting steps (column A) to the ideas in the text (column B). Share and discuss your answers with your classmates.
"a bag of tricks" **useful pieces of advice and suggestions for the students**	Think about other day to day life situations in which you have to resolve problems. Can you recognize the steps mentioned above in those situations? Maybe some problems would be easier to solve if you try to use these steps. We recommend you to do the other proposed activities to help you develop this skill.

Worksheet / exercises….

TEXT

I have a problem: I need to prepare a meal!

Two and a half hours have passed since lunch. I already attended two classes and finally I arrived home. Soon my basketball training will start and I feel so hungry!! But there is no one at home to prepare me a meal…

Time for action: I think about what I feel like eating, then I check my fridge and in the kitchen cabinets what items are available, maybe I adapt my will to what is available, and it´s time to prepare the snack. Finally ready, I can eat my delicious sandwich and fruit and the problem is solved.

After reading the text relate the main troubleshooting steps (column A) to the ideas in the text (column B).

Main troubleshooting steps	Description
● Step 1 - Clear identification the problem ● Step 2 - Purpose ● Step 3 - Determination ● Step 4 - Finding a solution ● Step 5 - Course of action ● Step 6 - Assess the efficiency of the chosen solution	● Preparing and eating the sandwich and fruit - Step _____ ● Go to the kitchen search for food in the fridge and kitchen cabinets - Step _____ ● Be satisfied - Step _____ ● Be hungry - Step _____ ● Eat something - Step _____ ● Feel satisfied - Step _____