Title: Identifying Problem-Causing Behaviours

Exercise Code: SLINTEGRA032

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies | Small group  Large group | 45 min |

**Purpose:**

* To teach staff to recognize problem-causing behaviours
* To develop social problem solving skills
* To strengthen healthy and functional communication

**Description:**

Ask the group, *“What are some ways other people behave that bother you?”* List their responses on the blackboard or a large sheet of paper. This discussion should focus on behaviors that are disturbing, rather than blaming the people who exhibit them.

Tell them: “*It’s normal to have problems with how others behave sometimes. We all see things differently, and two people looking at the same behavior may have very different reactions to it. That’s true of other people’s behavior as well as our own. The way we behave can cause problems, or it can help us get along with others.”*

Next: Ask each person to write down answers in the handout. After they have completed it, ask for volunteers to share their pictures and explain what is happening. Discuss the written content with participants.

**Material:**

Blackboard or a large sheet of paper, pencil

**Methods:**

Experiental learning, discussion

In the first step of the exercise the method is focused on the explanation of terms such as "behaviours that cause problems," and “the person that causes the problem”. The trainer explains that we should never judge or blame the person itself for a certain problem, but rather blame the behaviour of that person.

In the next step, where participants draw pictures of a certain problem, the theme is similar, but the method is different. By drawing and staging a certain problematic situation, the participants can more easily identify with the content and also better understand it.

**Advice for Trainer:**

With each step the trainers always have to clearly express the difference between behaviour that is causing the problem and the person, which we shouldn’t condemn, criticize or blame for the current situation. This is the essence of the mentioned exercise and the trainers should always focus on this – how to constructively solve conflicts.

**Source/Literature:**

Adapted from “101 ways to teach children social skills: a ready-to-use, reproducible activity book”, E. Shapiro, Lawrence. 2004

# Handout

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