

## GROUP ACTIVITY

# Mental Health Activity: “Situation, Problem, Solution”

## OBJECTIVE

To exercise self-management and peer support when stressed. Identify common challenges that youth face and as a group collectively determine solutions.

## MATERIALS


- Notepad or paper
- Pen

## TIME

45 minutes

## INSTRUCTIONS

1. In groups of 3, assign everyone with a role “Situation”, “Problem”, or “Solution”
2. The person responsible for the role “Situation” name a task that they would perform in their everyday life ex. “I need to take a shower.”
3. The “Problem” would name an obstacle preventing them from doing the task. ex. “But you don’t have the energy to.”
4. The “Solution” would then come up with an answer to deal with the problem. ex. “You’ll feel refreshed and much better afterwards.”
5. As a group you must make a list of the various situations, problems and solutions that were suggested. Present your list to the whole class and ask peers to suggest any other solutions/tips to overcome the challenges presented and be sure to add the new tips to your list

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- Teacher-led
  - Group collaboration

