

SESSION EIGHT: TAKING STEPS TO PROBLEM SOLVING

STOP and identify the problem.  
THINK about your role in the problem.  
EXPLORE your feelings and values.  
PICTURE your choices or alternatives.  
STEP up and do the right thing.

Values & Gifts:

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|------------------|------------------|--------------------|
| 1. Honest        | 6. Wise          | 11. Strong-hearted |
| 2. Reliable      | 7. Compassionate | 12. Patient        |
| 3. Storyteller   | 8. Dedicated     | 13. Generous       |
| 4. Good Listener | 9. Brave         | 14. Courageous     |
| 5. Spiritual     | 10. Respectful   | 15. Warrior        |

## SESSION EIGHT: EXAMPLE PROBLEMS

This is a list of problems that people your age may face. You might have even faced some of these problems yourself! Pick one of the problems on this list and use that problem to work through the STEPS to Problem Solving on the next page.

1. I forgot my homework at home twice this week.
2. Twice this week Mom picked me up from school 15 minutes late.
3. Several times this week Aunt Ruth promised to take me to the movies and cancelled.
4. I want to go to the basketball games. Each game costs \$2.00 to get in.
5. I want to go to the Vikings football game, but I am not doing well in school.
6. I enjoy visiting my relatives in the city. The last two times the family went on this visit I got in trouble.
7. Dad promised to teach me to skate. I have been waiting patiently for three weeks.
8. I want a new jingle dress.
9. I want to learn how to fish.

## SESSION EIGHT: PROBLEM SOLVING STRATEGIES

Work through the STEPS model of problem solving to try to solve the problem that you chose from the list on the previous page.

**1. STOP** and Identify the Problem:

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**2. THINK** about My Role in the Problem:

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**3. EXPLORE** My Feelings and Values:

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**4. PICTURE** My Choices or Alternatives:

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**5. STEP UP** and Do the Right Thing:

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## SESSION EIGHT: TRADITIONAL CONFLICT RESOLUTION

When two or more people don't agree on something, this disagreement can cause negative feelings between the people. These negative feelings create what we call a conflict. We often have disagreements with our siblings, parents, friends, and relatives that create normal every day conflicts that go away quickly after someone apologizes or we get over being upset. But sometimes there are larger conflicts that occur that don't go away easily. Historically, the Anishinabe have had different ways of solving conflicts.

One way of resolving conflict was the traditional feast. When someone felt they were insulted or offended by the words or actions of another person, they would offer tobacco to the person who had offended them, prepare a feast, and invite the individual who did the offending to this feast. This was the initial attempt to resolve the conflict. If the offender accepted tobacco, he/she would arrive at feast at the arranged time.

Once at the feast, the offender would be expected to consume all the food that was placed before them, so as to not insult the host. If the offender was not aware of the arrangement, he/she might have a problem eating all that food! Often times, however, the offender knew what was going on and would invite several family members to help consume the food and also help resolve the conflict. Elders would then speak on behalf of both the offender and the offended, in order to help resolve conflict. If an agreement was reached, the conflict was resolved.

But, if the offender did not accept the tobacco and did not attend the feast, the conflict was unresolved. In this case, the individuals could take the conflict to the clan leaders who, with discussion and consensus from clan mothers, would settle the dispute.

If a dispute were outside of one's clan, an Elder or clan leader could approach the other clan leader and discuss and resolve this conflict on behalf of the two. When a decision was made by these Elders or clan leaders, about how the conflict would be ended, it was final.

Other traditional methods of resolving conflict include using tobacco, fasting, midewiwin, sweat lodge, gift giving, and consulting Elders or spiritual men/women who might speak for you. Can you think of other traditional methods of conflict resolution?

SESSION EIGHT: CONFLICT RESOLUTION

WORD FIND PUZZLE

The reading about Traditional Conflict Resolution contains these words:

ACCEPT  
 COMMUNITY  
 COMPROMISE  
 CONFLICT  
 CONSENSUS  
 DISCUSSION  
 ELDERS

FAMILY  
 FASTING  
 FEAST  
 FRIENDS  
 INVITE  
 LISTENING  
 NEGOTIATE

OFFENDED  
 OFFERING  
 RESOLVE  
 SPIRITUAL  
 SWEATLODGE  
 TOBACCO

See if you can find them in the word find puzzle below!

F	N	O	I	S	S	U	C	S	I	D	R	E	S	O	L	V	E
I	D	N	F	S	V	B	Q	S	R	E	D	L	E	K	G	C	C
B	F	L	Y	A	Q	X	B	S	D	N	E	I	R	F	N	N	O
Q	W	B	A	C	C	E	P	T	B	V	J	I	M	Z	I	P	N
P	Y	D	W	Y	T	W	G	T	N	A	C	U	L	C	N	G	S
N	A	A	I	G	N	I	R	E	F	F	O	K	G	N	E	C	E
V	O	C	C	A	B	O	T	K	X	W	M	R	Z	E	T	N	N
H	C	R	D	T	F	A	M	I	L	Y	P	E	C	T	S	N	S
C	M	A	V	B	O	M	I	J	E	H	R	N	O	I	I	Y	U
J	E	G	D	O	L	T	A	E	W	S	O	X	N	V	L	G	S
C	O	M	M	U	N	I	T	Y	Y	C	M	H	F	N	E	H	X
F	O	K	H	G	N	I	T	S	A	F	I	U	L	I	S	D	Z
L	R	T	E	L	B	A	D	J	R	Q	S	R	I	X	O	K	B
M	V	J	X	F	K	T	G	S	D	C	E	S	C	X	I	V	W
W	G	R	V	E	U	V	F	E	A	S	T	F	T	P	D	R	D
Z	I	E	U	Q	Y	G	D	E	T	A	I	T	O	G	E	N	O
B	B	V	O	H	A	Q	E	G	Y	D	E	D	N	E	F	F	O
H	Y	N	L	A	U	T	I	R	I	P	S	C	I	W	W	Q	W

## SESSION EIGHT: TAKE HOME ACTIVITY

### MY HERO

My Hero Is:

This Person Is My Hero Because:

What My Hero Looks Like  
(please draw a picture)

