

PROBLEM SOLVING WITH LYLA

Lyla and the Loop- Operation: Rise and Shine

BEFORE WATCHING:

LET'S THINK ABOUT YOUR MORNINGS!

WHAT KINDS OF THINGS MAKE IT HARD TO GET READY AND BE ON TIME?



WHILE WATCHING

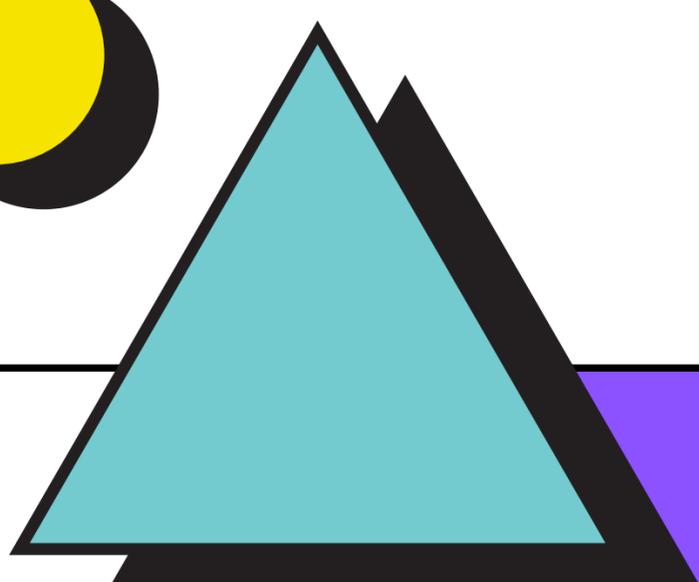
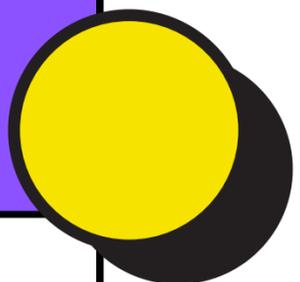
WATCH CAREFULLY! LYLA AND HER SIBLINGS HAVE TROUBLE GETTING READY IN THE MORNING.

WHAT PROBLEMS DO THEY HAVE IN THEIR MORNING ROUTINE?

WHAT IDEAS DO THEY TRY TO MAKE THEIR MORNING BETTER?



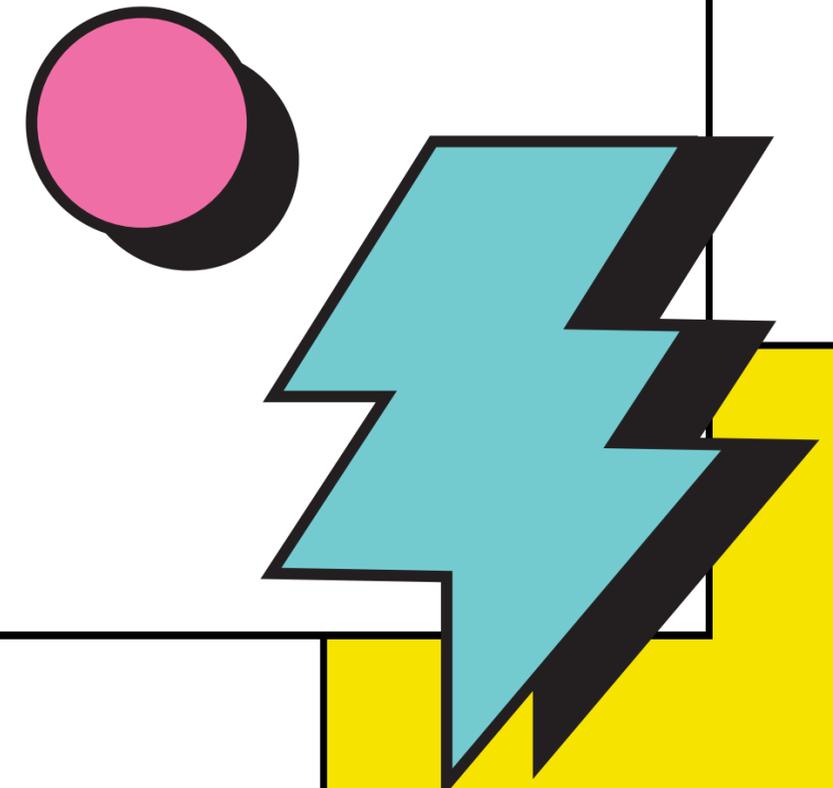
LET'S WATCH LYLA AND
SEE HOW SHE SOLVES THE
PROBLEM!



After Watching

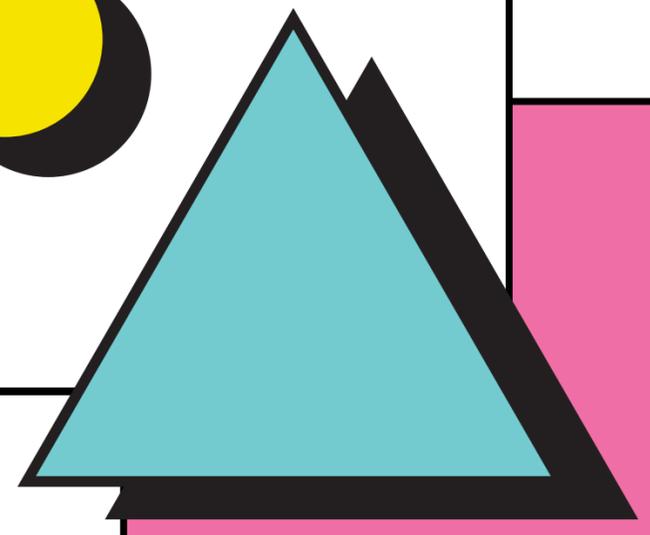
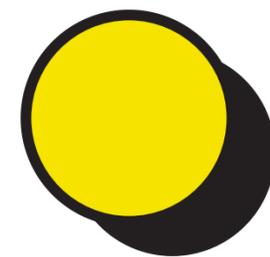
If you were Lyla or one of her siblings, what would you do differently to make your morning go smoothly?

What is one thing that makes it hard in your mornings? What could you do to make it easier?



How do I solve a problem?

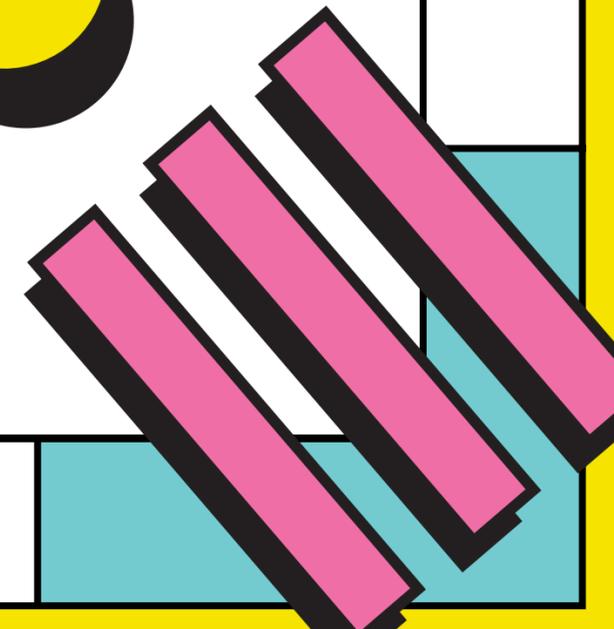
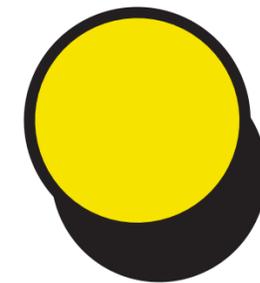
- 1. CALM DOWN AND STATE THE PROBLEM.**
- 2. ASK YOURSELF, "WHAT CAN I DO TO FIX IT?"**
- 3. CHOOSE A SOLUTION AND TRY IT. IF IT DOESN'T WORK, TRY ANOTHER WAY.**



On Your Own

On your **Morning Routine worksheet**, make a list of what you need to do to get ready in the morning.

- **Get your clothes on**
- **Brush Your Teeth**
- **Brush Your Hair**
- **Eat Breakfast**
- **Pack Your Water**
- **Pack Your Lunch**



More With Lyla

To watch other episodes of Lyla,
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