

# LESSON PLAN

## BIG PROBLEM VS SMALL PROBLEMS WITH PHILO

### HOW TO BEST USE THIS VIDEO:

1. Explain to the class that you are going to be watching a short video about Philo. If they aren't familiar with TEAMology, explain that Philo is a TEAMology TEAMmate that has super strengths of problem solving and likes hanging out with his friends at the TEAMology house.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Big Problems are scary, dangerous, or someone is or might get physically hurt. When you have a big problem you need an adult to help you solve it. Small Problems are things you can handle on your own. Sometimes they feel big, especially if your feelings are hurt, but you are strong enough and smart enough to solve these types of problems without help from an adult. Have a discussion with students about what it means to have a big problem vs a small problem and see if any of your students have experience with dealing with these problems.
4. Create a chart for all of the students to use to share examples of big vs small problems. This will reiterate what the characters share in the video so the students can categorize after the video for a more visual approach.
5. Watch the video together.
6. You can pause the video at points throughout to highlight some of the problems the characters share to discuss whether it is a big problem or small problem.
7. After the video, ask students to think about some of the big and small problems that they can relate to from what the characters shared and where they would go on the chart.
8. Additional Discussion Questions:
  - Do you think everyone struggles with big and small problems?
  - Are there any medium problems?
  - How can we identify people who can help us with big and small problems?

TIME NEEDED:



### FOLLOW UP ACTIVITY: PHILO'S 5!

When you have a Big Problem go right to the closest, safe adult. Bullying is a type of Big Problem.

For Small Problems with other people you can use a Philo's 5 -

1. Use an "I Message" -  
Philo's favorite one is "I Messages" because they work in most situations. Here is how they work: You start with the word "I" so the other person doesn't feel like you are being mean and say either "I feel sad, mad, upset etc, or I don't like when you call me names, don't include me, laugh at me etc. Can you please be nice, or include me or apologize etc.
2. Ignore or walk away -  
In this exercise, students will be able to think through and practice different small problems to ignore or walk away from in a variety of situations.
3. Say "stop" or "no thanks" -  
Have a discussion to talk about situations or problems a student might face where it would be appropriate to say "stop" or "no thanks" to small problems. Write the list somewhere that all students can see.
4. Compromise -  
Pair students up with a partner, and have them come up with examples of small problems and how they might compromise in that situation. (ex. if the problem is they can't both be playing with the same game, they can take turns)
5. Use TEAMwork! -  
Have students pick one small problem and how they might use TEAMwork and role play.

For small problems you have you can use the problem solving process - Figure out what the problem is, think of 3 ideas to fix it, decide which one is best and try it. If it doesn't work try another idea.

TIME NEEDED:

