

Predict Obstacles (Elementary)

Have you ever tried to learn something, but things just weren't going your way? Maybe you kept making mistakes and became frustrated, or things got in the way of you practicing. An obstacle is something that slows you down or keeps you from making progress. Obstacles can be things that happen to us, or even our own thoughts and feelings.

You can minimize obstacles by using the strategy **predict obstacles**. When you think about possible obstacles that are likely to happen, and plan for how you will overcome these obstacles, you are less likely to give up!

I used the strategy **predict obstacles** to help me finish my math homework. In the past, I'd always had a hard time figuring out how to change word problems into equations. I'd get frustrated, give up, and play on my tablet instead. That same frustration could get in the way of my progress now. I knew I needed to get past these obstacles to improve, so I wrote if-then statements:

- "IF I'm feeling frustrated, THEN I'll take three big breaths and keep trying."
- "IF I'm overwhelmed and don't know how to begin, THEN I'll ask someone for help."
- "IF I keep playing on my tablet instead of working on math, I'll put my tablet away."

I decided that, if I felt frustrated, then I would take deep breaths and ask my mom for help. If she wasn't available, then I would ask my older sister. I also realized that my tablet was a distraction. I decided to leave it in my bedroom and do homework in the living room, where I could more easily ask for help. After identifying the obstacles, I knew how to overcome them.

To determine what could keep you from making progress and identify how you'll respond, use the strategy **predict obstacles** and create if-then statements by asking yourself:

- What obstacles have I experienced before when trying to learn or do something similar?
- What may get in the way of my progress now?
- How will I overcome these obstacles?