

TOASTER

for Problem-Solving

*A universal thinking frame
supporting resilience*

Facilitators Manual

Pugh & Griffiths (2024)

1. What is 'TOASTER' for problem-solving?

What is problem-solving?

The act of understanding and addressing a problem to achieve a goal (Funke et al., 2018).

Psychological research suggests
successful problem-solving skills include:



Identifying a goal, selecting the best strategy
and action plan to manage the goal.

Collecting any appropriate materials, starting the plan, monitoring
or modify it if necessary.



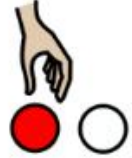
Once the plan is complete,
check the action meets the goal (Zelazo et al., 1997).

Opportunities to practise these skills using a variety of dynamic tasks,
supported by adults (Fischer and Neubert 2015, 1957).

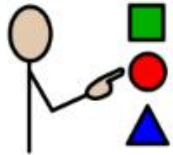
'TOASTER' is an analogy and mnemonic which helps build and keep track of problem-solving skills



T: Task



O: Options



A: Act



S: Stuff



T: Test



E: Evaluate

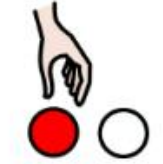


R: Review

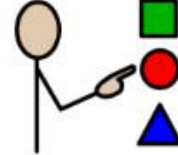
'TOASTER' for problem-solving skills



TASK: I can set a goal/something to be completed.



OPTIONS: I have an idea of the actions and plan the steps to get to the goal.



ACT: I can decide the best action/steps to take. I can problem-solve if there is a problem.



STUFF: I can get what I need to do the action plan.



TEST: I can use the plan and do the first step/action.



EVALUATE:
Modify. I can notice if something needs to change as it was not working.
Monitor. I can decide if it is correct or not.



REVIEW: The goal has been met. I know what needs to be done to make sure the goal is presented.