

# Instructions for SODAS Activity

## Situation

Think of a situation that is difficult for you. Describe the problem: such as: “Who is involved? What is happening? When did the problem start? How would I like to see the situation changed?” Now ask yourself: “In what ways might I \_\_\_\_\_?”

This is your problem statement; fill in your own statement here:

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## Options:

List all of the options you can think of to overcome this barrier or problem. This is the brainstorming phase of problem solving. Try to be creative and don't judge your ideas yet. Remember:

- No idea is a bad idea. When solving a problem as a group, the group needs to write down all ideas suggested by group members (unless they violate other communication ground rules, such as “no put-downs” or “no inappropriate language”).
- It's impossible to have too many ideas.
- No idea is too wild or crazy. Hitchhike on other people's ideas. Try to build on, combine or improve on the ideas of other group members.
- Your group should have fun with this stage of problem solving — laughter is a sign of creativity.

## Disadvantages:

For each of the options you listed, think of at least one reason why you would not want to try this option.

## Advantages:

For each of the options listed, think of at least one reason why this option would be a good one to try.