

THINK OF IT!—A MENTAL HEALTH BAROMETER

<h2>Tally Box</h2>

1. Approximately what percentage of the puzzles were you able to solve right away?

2. Roughly how many puzzles that you were unable to solve involved phrases, ideas, or expressions that you had never heard before?

3. What, if anything, did you learn from this activity about the nature of problem solving?

4. Based on your answer to question 3, what changes, if any, do you plan to make when solving problems in the future?

5. Describe any other feelings or reactions you had toward the puzzles or their answers.
