

WE CAN WORK IT OUT

Kelso's Wheel of Choices (KelsosChoice.com) is a widely used conflict-management curriculum that can help your child deal with the minor disagreements that invariably arise in interpersonal communication. Included with the program is Kelso's Wheel, a concrete, easy-to-understand visual giving children nine options (arranged in a nonagon) to try to resolve the conflict.

- Go to another game
- Share and take turns
- Talk it out
- Walk away
- Ignore it
- Tell the person to stop
- Apologize
- Make a deal
- Wait and cool off

The choices end with instructions to tell a trusted adult if confronted with a big problem. A big problem is: 1) a situation where someone might get hurt, 2) a law or an important rule is being broken, or 3) something frightening is happening.

Print Kelso's Wheel on a card small enough for the student to keep in his desk for reference. Even better, ask your child's teacher or principal to adopt Kelso's Choices as a classroom- or school-wide guideline. The authors are available for staff trainings.