

KELSO'S CHOICE CURRICULUM
CONFLICT RESOLUTION FOR K-5



WHAT IT'S ALL ABOUT

Kelso's Choice empowers children to use the skills of conflict management in school, in the community and at home.

The curriculum is easily adapted to a variety of settings: school-wide, classrooms, small groups and individual counseling.



ABOUT THE PROGRAM

- ❑ Developed in 1992 in Oregon by Diane Hipp, CPS and Barbara Clark, Ph.D.
- ❑ Created out of the need to build a vital life skill: **conflict management**
- ❑ Authors, Diane and Barbara, were former Child Development Specialists when the idea for Kelso's Choice emerged
- ❑ Diane currently works presenting the program throughout the U.S. and other countries
- ❑ Barbara is currently working as a High School Counselor in Roseburg, Oregon
- ❑ Implemented in all 50 states and 13 foreign countries
- ❑ Revised and updated 4 times, most recently in 2011



2 MAIN OBJECTIVES

1. Build a foundation for children to discriminate between manageable, "kid-size" problems and those that require adult Intervention
2. Provide a cognitive structure of nine tangible skills that can be used to solve "small" problems



POSITIVE SIDE EFFECTS

- ✓ **Empower young people** *with the ability to determine their own behavior, encouraging an internal locus of control and appropriate problem ownership.*
- ✓ **Reduce Tattling** *through a proactive, preventative approach that keeps small problems from escalating and prevents negative attention-getting mechanisms from occurring.*
- ✓ **Systematize expectations** *of student behavior and provides consistency in rules and discipline on a school-wide basis.*
- ✓ **Provide a cognitive structure** *for discriminating between “small” problems young people can resolve and “big” problems that require adult intervention.*



POSITIVE SIDE EFFECTS (CONTINUED)

- ✓ **Increase feelings of personal competence** *as young people successfully resolve conflicts, both within the structured lessons and in their own lives.*
- ✓ **Develop an important linkage between home and school** *as Kelso's Choice program is shared with parents.*
- ✓ **Give young people an important conflict resolution tool** *they can use when adults are not available or readily accessible.*



KELSO IN ACTION!

[Click here to see Kelso In Action](#)

(Must be connected to the internet with access to YouTube)



KELSO'S 9 CHOICES

1. Wait & Cool Off
2. Go to Another Game
3. Talk it Out
4. Share & Take Turns
5. Ignore it
6. Walk Away
7. Tell Them To Stop
8. Apologize
9. Make A Deal



EXTENDED ACTIVITIES

Coloring

Word Search

Cross Word

Puzzle

Dot-To-Dot

Cut-n-Paste

Rap and Song

Certificates

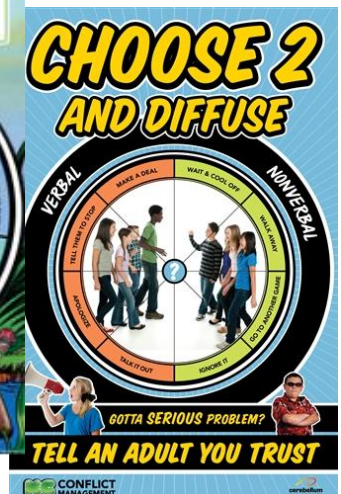
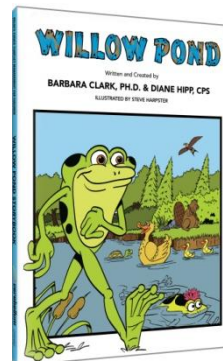
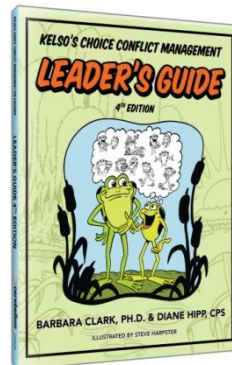
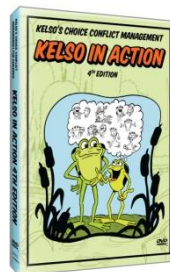
Crafts



ENTIRE CURRICULUM COST IS \$399.98

INCLUDES:

1. **Leader's Guide:** 23 complete lesson plans and extra activities, reproducible masters, and letters about the program for parents. Includes a CD that will make printing easier.
2. **Willow Pond Storybook:** 5 Stories highlighting choices that resolved conflicts
3. **Kelso In Action DVD:** Short vignettes helping students see how to use Kelso's Choices in real problems
4. **Hand Puppets :** 14" Stuffed Kelso and 12" Lily to use as visual aides
5. **Full-Color Posters for Grades K-3:** Five 23"x34" posters with the 9 problem solving solutions demonstrated by Kelso
6. **Full-Color Posters for Grades 4-5:** Five 23"x34" posters for with photos of real pre-teens



ASCA NATIONAL STANDARDS (THAT COINCIDE)

Personal/Social Domain

Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

- ❖ PS:A1.5 Identify and express feelings
- ❖ PS:A1.9 Demonstrate cooperative behavior in groups

Standard B: Students will make decisions, set goals and take necessary actions to achieve goals.

- ❖ PS:B1.1 Use a decision-making and problem solving model
- ❖ PS:B1.2 Understand consequences of decisions and choices
- ❖ PS:B1.3 Identify alternative solutions to a problem
- ❖ PS:B1.6 Know how to apply conflict resolution skills

Standard C: Students will understand safety and survival skills.

- ❖ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help
- ❖ PS:C1.6 Identify resource people in the school and community, and know how to seek their help
- ❖ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices
- ❖ PS:C1.10 Learn techniques for managing stress and conflict

RESOURCES

- ❑ www.kelsoschoice.com
- ❑ <http://www.sdteach.com/Kelso-s-Choice-Conflict-Management-Skills-Kit-p/gh4428.htm>
- ❑ American School Counselor Association (2005). *The ASCA National Model: A Framework for School Counseling Programs, Second Edition*. Alexandria, VA: Author
- ❑ *The Idaho Comprehensive School Counseling Program Model*, Retrieved February 17, 2007, from <http://www.schoolcounselor.org/files/idaho.pdf>