

## What is KELSO's Choice?

Has your child ever come up to you about a problem they would like you to solve? And, you thought to yourself, they could really solve this by themselves. Or it feels like your child is tattling on their brother or sister constantly? Well, in the next couple of weeks, our students at Bell will be learning different ways they can solve problems or reminded of those ways. These problem solving skills will be taught by using a conflict management curriculum called KELSO's Choice.

Kelso's Choice is a curriculum that assists our children in developing conflict management skills at school, in the community and at home. KELSO's Choice helps our students differentiate between manageable, "small" problems and those that require adult intervention. It also provides nine tangible skills that can be used to solve "small" problems. Here is a brief overview of what our students are learning.

In the first lesson taught, the students are taught the difference between "big" and "small" problems. Kelso's Choice assumes that "small" problems can usually be solved by students, and that "big" problems must be shared with an adult. Our students are told small problems occur when their feelings get hurt. For example, a small problem may be when a friend does not share a toy with your child. On the other hand, big problems are things that make a child feel they are in danger or unsafe. Once the students learn the difference between big and small problems, then they are taught the nine ways to solve small problems.

The nine different ways to solve small problems are taught over a multiple lessons. The nine problem solving skills are:

- Go to Another Game
- Walk Away
- Wait and Cool Off
- Share and Take Turns
- Tell them to stop
- Ignore it
- Talk it out
- Make a Deal
- Apologize

Our students are told that if one way do not work, try at least 2 more ways. Once they have tried to solve the problem three different ways, then they can ask for help by an adult. To help our students remember these 9 ways to solve problems, there will be a KELSO poster in each classroom. In addition, I have attached a copy of the poster.

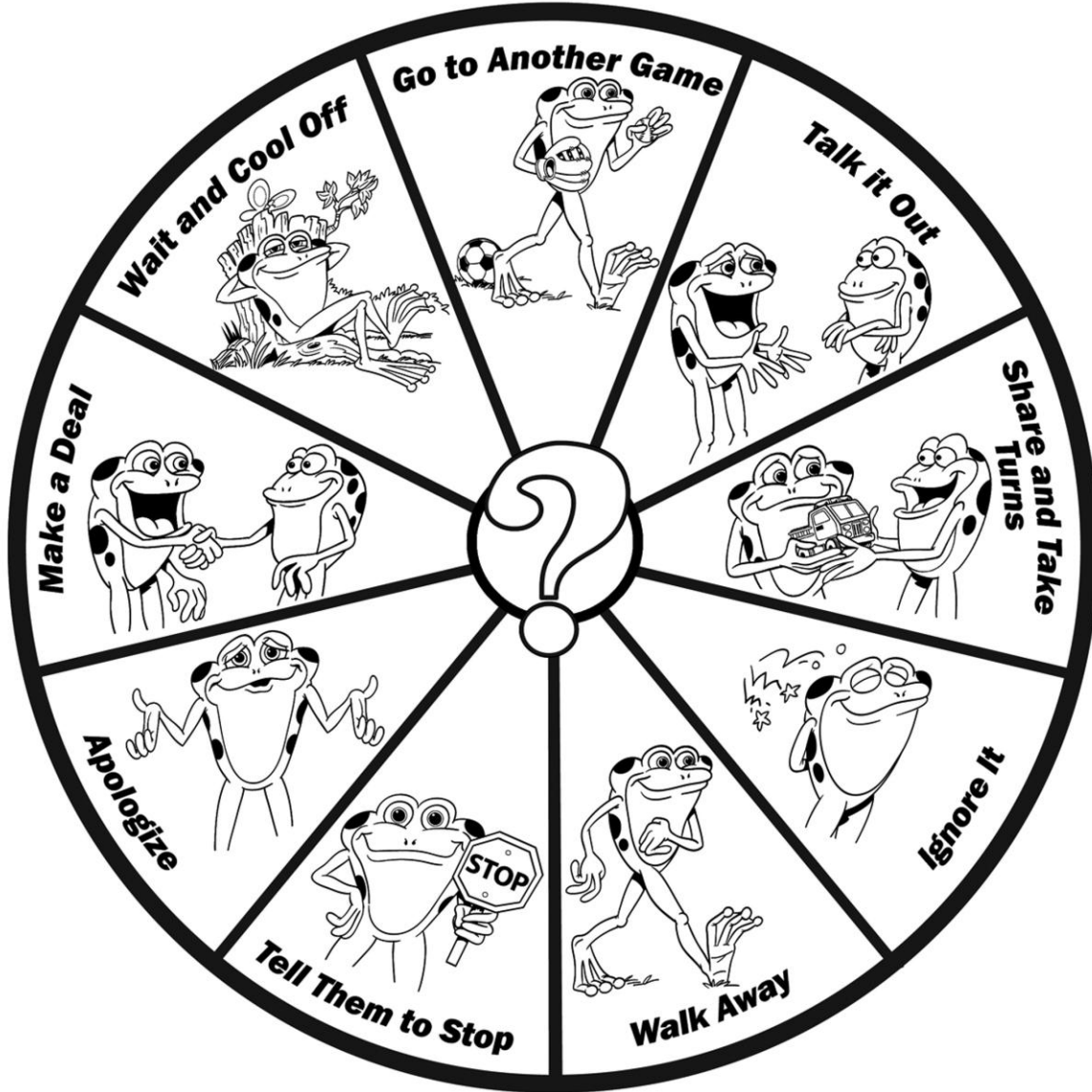
So, next time your child comes up to you about a problem, ask them this question "Is this problem a BIG or small problem?" Once your child says it's a small problem, ask, "What would KELSO do?" Hopefully your child will be able to answer these questions and be well on their way to solving their own problems!

For more information about Kelso's choice, go to their website: <http://www.kelsoschoice.net/>

# IT'S YOUR CHOICE!

DO YOU HAVE A SMALL PROBLEM?

TRY 2 OF KELSO'S CHOICES:



**IF YOU HAVE A BIG PROBLEM,  
TELL AN ADULT YOU TRUST.**