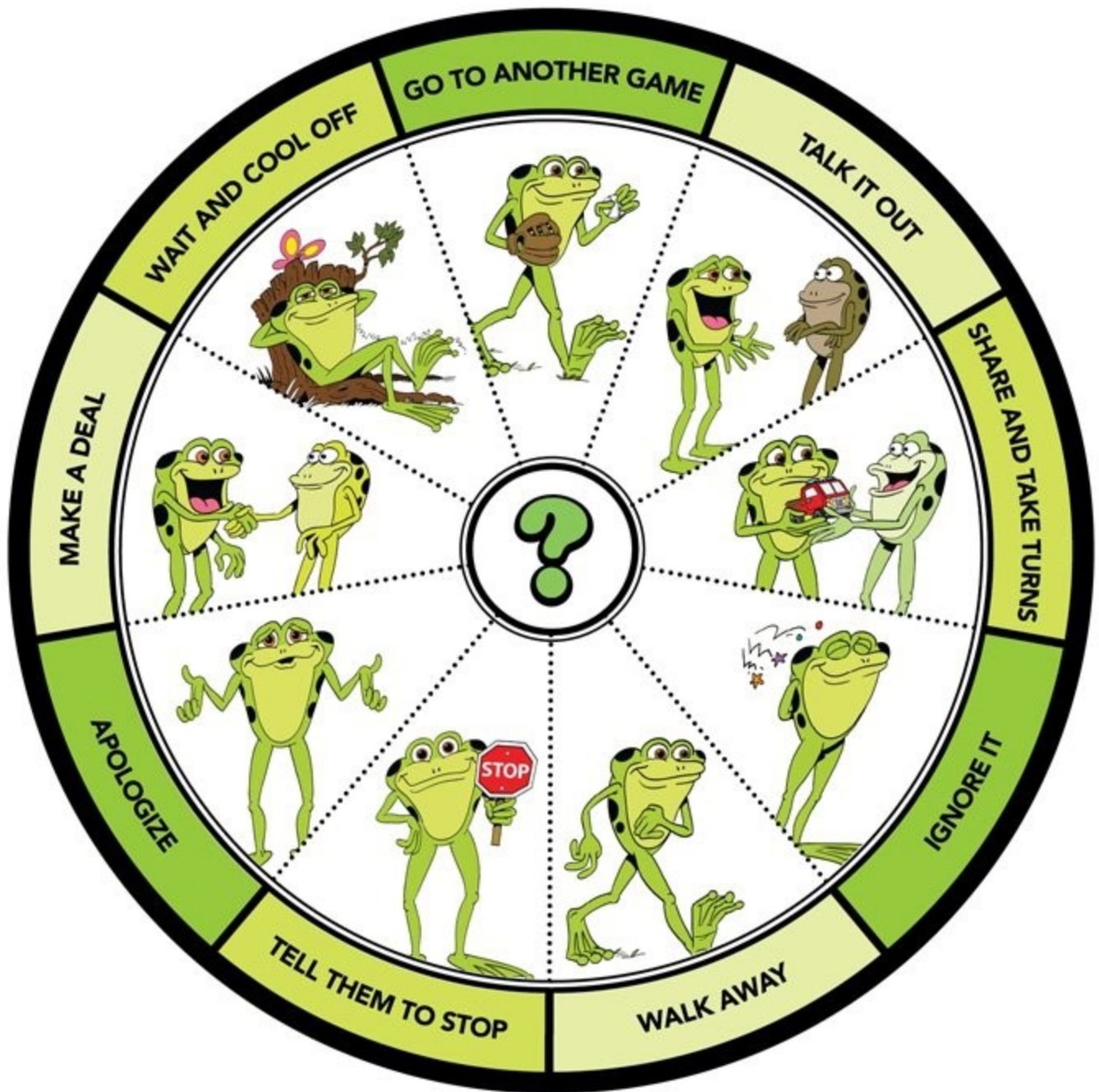


It's Your Choice!

Do you have a small problem?
Try 2 of Kelso's Choices!



Kelso's Choices Explained

1. Share and Take Turns: There are lots of different ways we can share things: we can take turns, divide something so that everyone gets a piece, play with something together, or trade items. We can even share our time or our knowledge!

2. Make a Deal: Making a deal means to bargain or compromise. You might have to give up a little of what you want, but you gain peace and friendship. Make a Deal can also be used when deciding who to go first in a game or activity by using fair strategies for choosing such as Rock, Paper, Scissors or flipping a coin.

3. Ignore It: Ignoring a problem can be a very effective strategy for solving problems, however it is also one of Kelso's hardest choices because sometimes it takes a lot of ignoring for a problem to stop. It is okay to ignore someone when they are making noises that are disruptive or isn't following directions, but it is not okay to ignore someone in a way that will hurt their feelings, for example someone who is trying to talk to you or share something with you.

4. Tell Them to Stop: When telling someone to stop it is important to tell the person what it is you don't like using a loud, clear voice and assertive body language (calm, facing the person, standing tall)..

5. Talk It Out: When talking it out with a friend, it is important to let them know what is bothering you and what you wish they would do differently. A great sentence starter for talking it out is: "It bugs me when you _____. Next time I wish you would _____." This example uses kind, helpful words and takes away any whining or blaming words that might make the problem bigger.

6. Apologize: Apologizing to a friend is not always easy but it makes you and your friend feel better when you do! It is best to be calm, sincere and to be specific about what you are apologizing for.

7. Go to Another Game: If you don't like how someone is playing a game, you can choose to go find another game or activity to participate in.

8. Walk Away: When walking away from a small problem, bodies are calm, have walking feet, look away from the problem and towards something else you can play, quiet mouths and you can smile.

9. Wait and Cool Off: This a great strategy to use when feeling angry. Sometimes we need to give our bodies and minds time to calm down. A few strategies for cooling off include taking a deep breath, drawing a picture, counting to 10, or tensing and relaxing muscles.