

KELSO'S CHOICE



Conflict Management Curriculum Kit and Character Education Kit



Kelso the Frog's guidance curriculums and supplemental resources help elementary-aged children succeed socially and academically. The Kelso kits take a kid-friendly approach that breaks down complex concepts into the simplest of ideas, plus it makes learning about character and conflict management fun and effective!

EMPOWERING KIDS



- The Kelso's Choice program is empowering to kids. It encourages them to handle small problems on their own.
- Empowerment leads to more independence, more resilience and overall better coping skills in life.
- Kelso says, ***"You're strong enough and smart enough to make good choices"***.



BIG PROBLEMS AND SMALL PROBLEMS

- **SMALL PROBLEMS**: problems kids can handle on their own. Try ATLEAST 2 of Kelso's choices before seeking adult help.
- **BIG PROBLEMS**: problems where adult help is needed because it's unsafe or there's danger. Get adult help right away.
- IN GRADES 4-6TH THESE ARE REFERRED TO AS MINOR PROBLEMS AND SERIOUS PROBLEMS.

WHAT ARE BIG PROBLEMS?

Big Problems **(Tell an adult)**

- **Physical Aggression -**
hitting, kicking,
pushing, throwing
- **Vandalism -** damage to
property
- **Fighting**
- **Swearing**
- **Weapons**
- **Running away**
- **Stealing**
- **Threats**
- **Smoking/alcohol/drugs**

WHAT ARE SMALL PROBLEMS?

- AN ARGUMENT AT RECESS
- YOU DON'T GET A TURN ON THE SPINNY THING
- SEVERAL STUDENTS FROM ANOTHER CLASS WON'T LET YOU JOIN IN THEIR TAG GAME
- CLASSMATE KEEPS USING YOUR PENCIL
- CLASSMATE KEEPS COPYING WHAT YOU ARE DOING TO BUG YOU



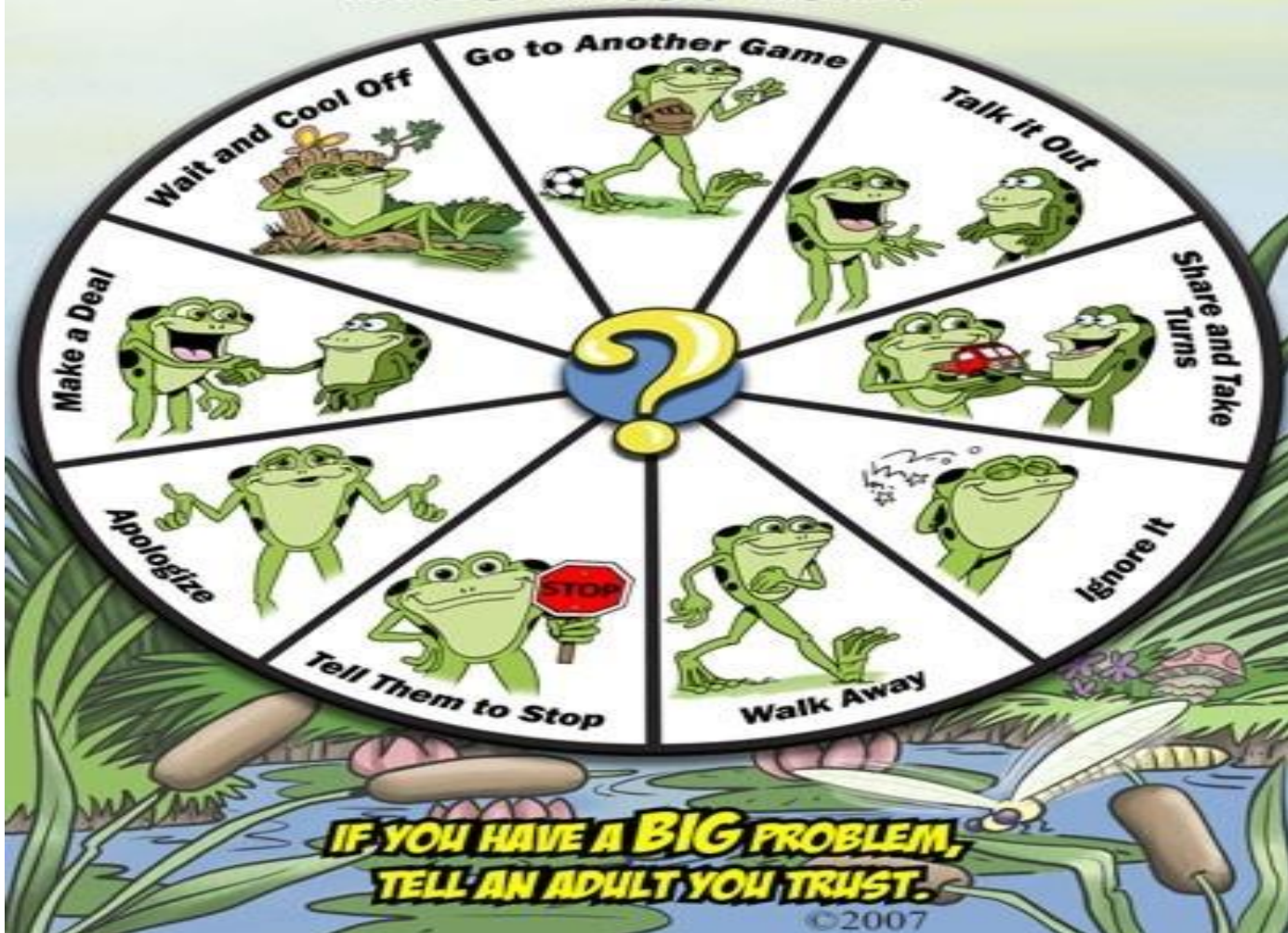
The Kelso's Choice Wheel

- Has 9 choices that kids can use to help solve problems.
- K, 1st and 2nd grade have learned the hand signals (that Mrs. Johnson made up) to help them remember all 9. She is currently working with 3rd and 4th grade on learning the program. Ask her if you would like to learn the hand signals.

IT'S YOUR CHOICE!

DO YOU HAVE A SMALL PROBLEM?

TRY 2 OF KELSO'S CHOICES:

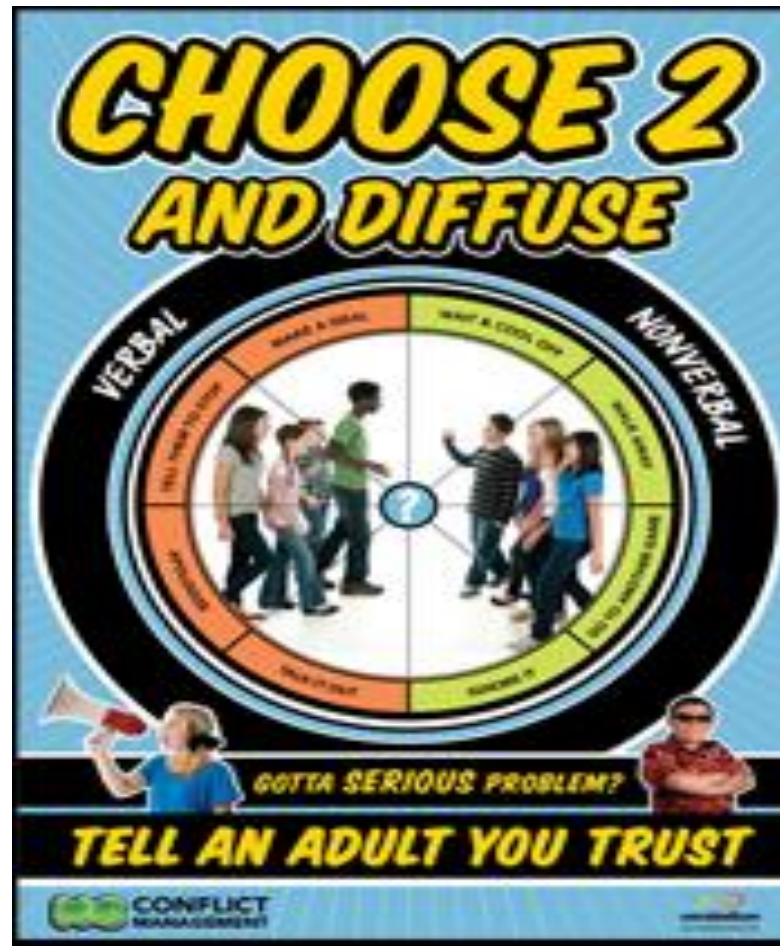


WHAT ARE THE CHOICES?

- 1. GO TO ANOTHER GAME
- 2. TALK IT OUT
- 3. SHARE AND TAKE TURNS
- 4. IGNORE
- 5. WALK AWAY
- 6. APOLOGIZE
- 7. “PLEASE STOP”
- 8. MAKE A DEAL
- 9. WAIT....AND CALM DOWN!



4th-6th grade Wheel CHOOSE 2 AND DIFFUSE



SAME CHOICES, JUST A DIFFERENT LOOK FOR INTERMEDIATE STUDENTS

4TH-6TH ALSO DISTINGUISH BETWEEN VERBAL AND NON-VERBAL WAYS TO HANDLE PROBLEMS.



VERBAL: 1. MAKE A DEAL, 2. TELL THEM TO STOP, 3. APOLOGIZE, 4. TALK IT OUT

NON-VERBAL: 1. WAIT & COOL OFF, 2. WALK AWAY, 3. GO TO ANOTHER GAME., 4. IGNORE.

Helpful Questions to ask your child

คำถามที่มีประโยชน์เพื่อถามลูกของท่าน

1. Is this a BIG problem or a small problem? เรื่องนี้เป็นเรื่องใหญ่หรือเรื่องเล็ก?
2. What Kelso choices did you try? ลูกได้ลองทำตามเคลโซซ์ข้อไหนบ้าง?
3. How did that work? แล้วผลเป็นยังไง?
4. Discuss your child's emotions. Ask your child: What did you feel? How did you manage that feeling? How are you feeling now? What do you need? คุยเกี่ยวกับอารมณ์ของลูก ลองถามได้ว่า ตอนที่เกิดเรื่องขึ้น ลูกรู้สึกยังไง? แล้วลูกทำยังไงเพื่อจัดการกับความรู้สึกนั้น? ตอนนีู้สึกยังไง? แล้วลูกต้องการที่จะทำอะไร?