

Kelso's Choice

Here at Countryside all grade levels learn about conflict resolution and how to apply *KELSO'S WHEEL* to various situations to solve problems. We teach them about the differences between **BIG** and *small* problems. Big problems require adult help and small problems are problems a student should try and resolve on their own. We teach the students that there is conflict and resolution at school, in their communities and in their homes. By teaching the students how to identify a **BIG** and/or *small* problem, they then are able to use Kelso's wheel to help them through the problem they are experiencing. It is very important to teach the students these coping skills so they can successfully transition from depending on an adult to solve their problems, to taking care of these problems themselves. At Countryside, like at home, we want to instill a can-do attitude in our students so that they'll bravely take on new challenges and, over time, believe in themselves. While each child is a little different, parents can follow some general guidelines to build their kids confidence using Kelso's wheel of Choices. Self-confidence rises out of the ability to do something successfully. The students will develop confidence because of their achievements, **BIG** and **small** 😊

Now it is time to introduce you to Kelso.....who is actually a frog!!



Examples of "small" problems would be when a friend doesn't want to play with you, someone will not share with you, someone is making noises while you are trying to work, butting in line, gossiping and not playing fairly. Examples of **BIG** problems would be physical aggression, stealing and threats.

When a student comes to an adult to solve their "small problem," the adult suggests they try two of Kelso's Choices first. If that doesn't work, then the adult intervenes. Students are always asked to talk to an adult for help in the event of a "**BIG**" problem.

Check out the wheel! We encourage you to use it at home.

