

Kelso's Choices Program

In class, students have been practicing how to handle small problems that occur.

“Kelso’s Choices” (K – 3) and “KC’s Choices (4 – 6) can be used to solve small problems (interpersonal conflicts). When a child has a small problem we ask them to try at least 2 of these choices before asking an adult for help. If those 2 choices work, then the problem is solved! It’s not necessary to tell an adult about the problem. If the problem is not solved, then the student should tell an adult that he/she has a small problem and relate which choices he/she used to try to solve it.

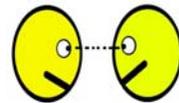
We first discuss the difference between big problems and small problems.

If a child ever has a big problem (one that is scary, dangerous or someone can get hurt), he or she needs to tell an adult like Mom or Dad or a teacher immediately.

If a student has a small problem, then the student should try at least 2 different Kelso’s choices to solve the problem before asking an adult for help.

It is important to use these choices assertively.

1. Face the person you are talking to
2. Make eye contact
3. Keep your head up and shoulders back
4. Use a calm firm voice
5. Use respectful words
6. Say the person’s name



Mediations are also available to help students work through repeated small problems that they are having difficulty solving on their own.. Teachers, students, the principals or parents can request a mediation. Mediation are voluntary and a parent notice will be sent home with each student who attends a mediation.

Kelso's Choices

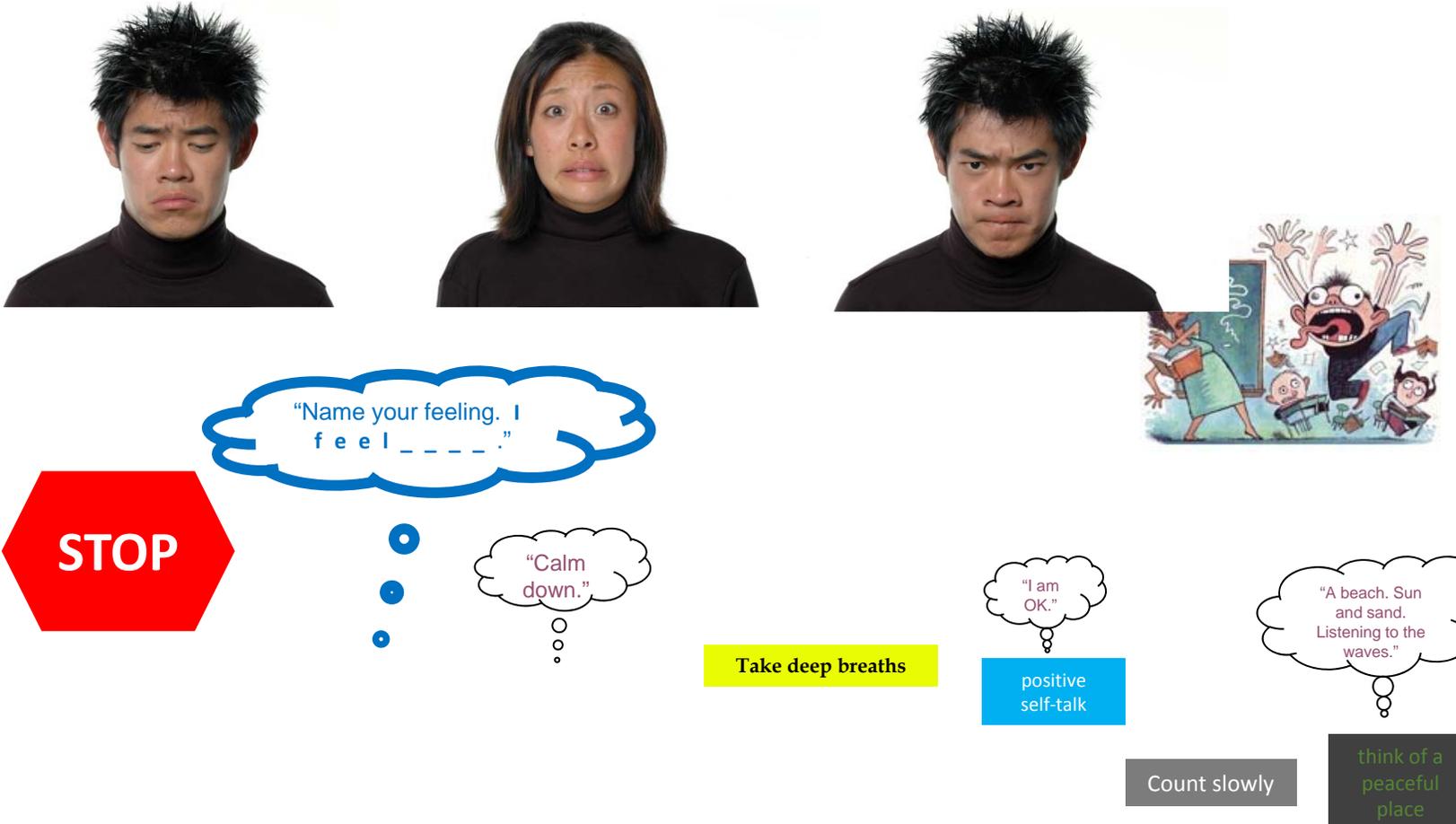
1. Go to another game
2. Talk it out
3. Share and take turns
4. Ignore it
5. Walk away
6. Tell them to stop
7. Apologize
8. Make a deal
9. Wait and cool off

(KC's choices are very similar, but share and take turns has been taken out and the poster has been changed to appeal more to older students.)

Calming Down Steps

If you have a small problem and are feeling very angry or sad, it is important to calm down so you can think clearly, make the best choice to solve your problem and behave assertively.

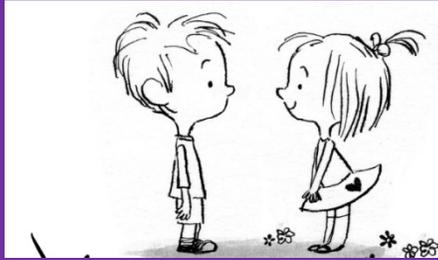
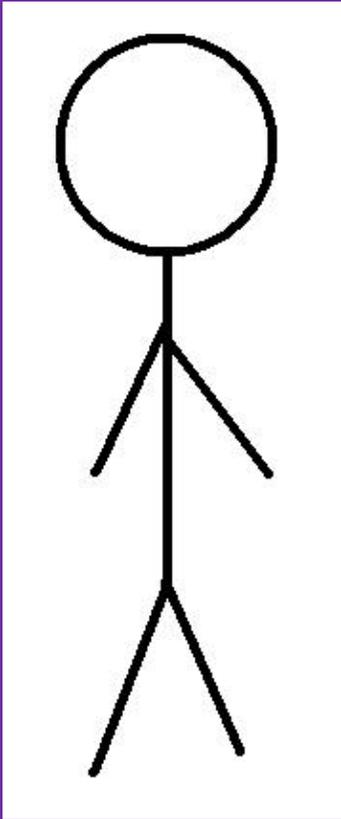
1. Stop
2. Name your feeling
3. Calm down.



Problem Solving Steps

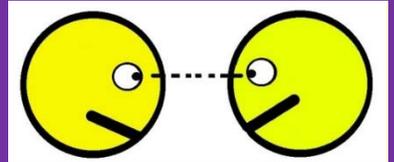
S....T...E...P

1. Say the problem
 - without blame
2. Think of solutions
 - safe and respectful
3. Explore consequences
 - what could happen if...
4. Pick the best solution
 - Make your plan

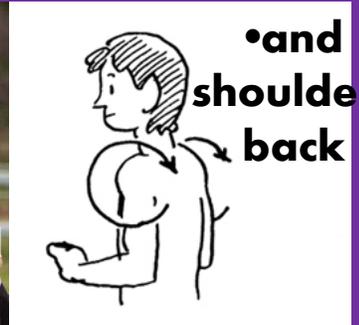


•Face the person you're talking to

•Make eye contact



•Keep your head up



•and shoulders back

•Use a calm firm voice

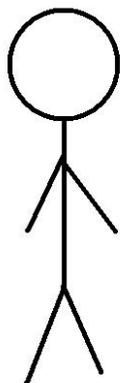
•Use ful words

•Say the person's name



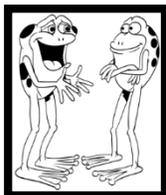
Some Tips To Keep in Mind When Using Kelso's Choices

Be Assertive



- Face the person you are talking to
- Make eye contact
- Keep your head up and shoulders back
- Use a calm firm voice
- Use respectful words
- Say the person's name

Talk it Out



"(Name), I feel ____ when you ____."

If you do not feel comfortable with the person with whom you are having a conflict, it might be best to say:

"(Name), I don't like when you ____."

Wait and Cool Off

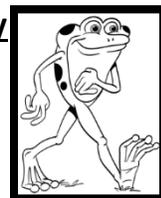


- "Stop
- Name Your Feeling
- Calm down"
- Take deep breaths
- Count
- Think of a Peaceful Place
- Positive Self-talk

Ignore It and Walk Away



Can be used separately
or together



Act like you don't care

Be CALM (use the calming down steps if you are really upset)

Tell Them to Stop



"(Name), Please stop ____."

If you have asked once and the person doesn't stop, you might want to use a stronger, firmer voice:

"(Name), I asked you once already.
Please stop ____."

If the person doesn't stop after you have asked them twice, you might want to say, "I have asked you twice to stop. You haven't stopped. I am going to move over here."