

How to Use the Wheel of Choice



- 1) Brainstorm (with your children) a list of possible solutions to everyday conflicts or problems.
- 2) On a pie shaped chart, write one solution in each section and let children draw illustrations or symbols.
- 3) When there is a conflict, suggest the children use the wheel of choice to find a solution that will solve the problem.

Dos and Don'ts for Parents & Teachers

To Help Children Learn Problem Solving

By Using the Wheel of choice

Do

- Get children involved in creating the wheel of choice and adding their own drawings.
- Make the drawings simple. Stick figures are great!
- Allow children to calm down first before using the wheel.
- Make copies of the wheel for different part of the home or school and for the car.
- Model using the wheel of choice yourself

Don't

- Don't suggest what *you* think will work best. Let children develop skills. (With 3 and 4 year olds, you can point out several options that will work.)

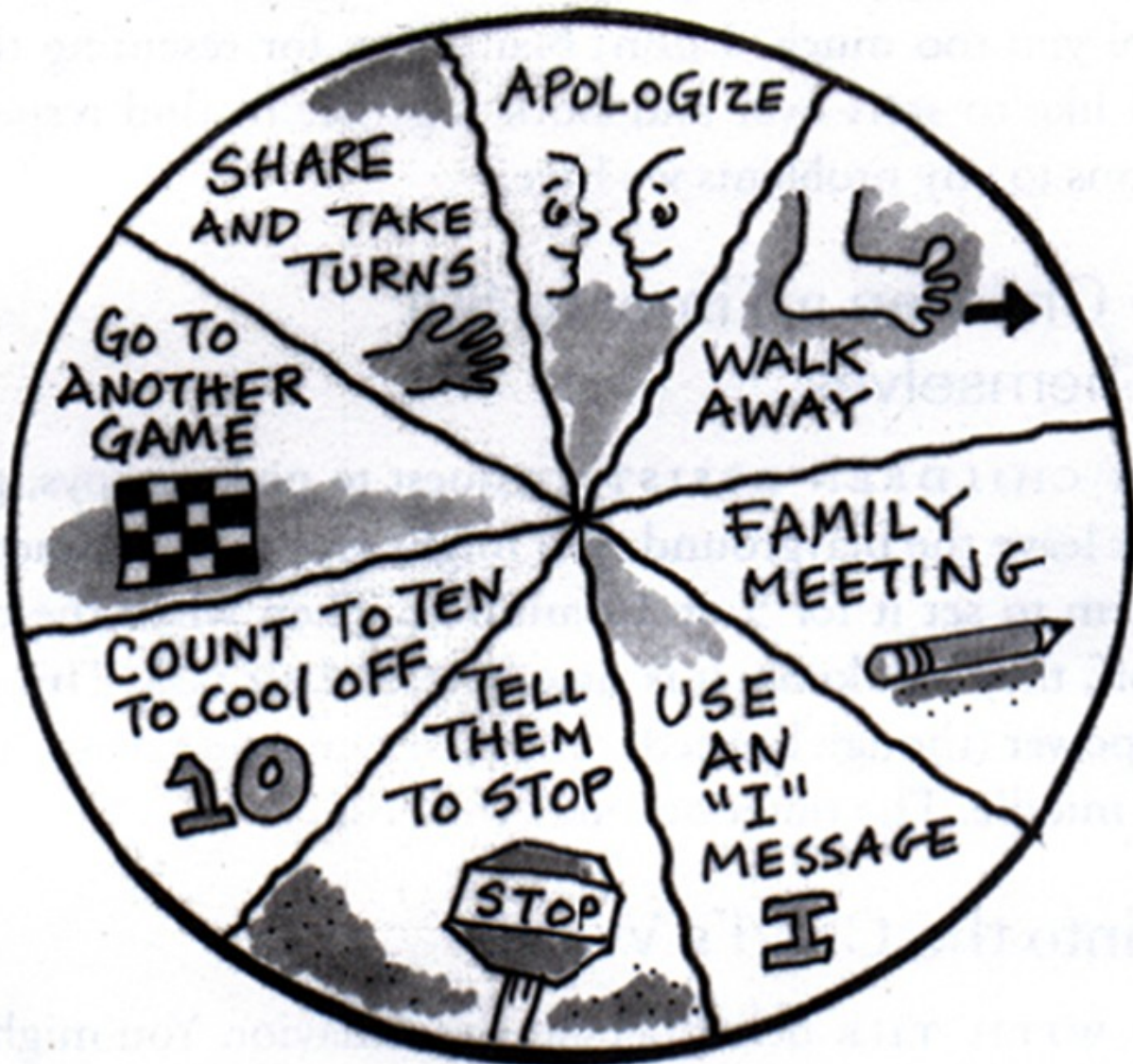
Based on the Positive Discipline books and materials written by Jane Nelsen and Lynn Lott

Produced by Kelly Pfeiffer, Certified PD Lead Trainer

Positive Discipline Association, www.positivediscipline.org



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