

WHEEL OF CHOICE

RUEDA DE OPCIONES

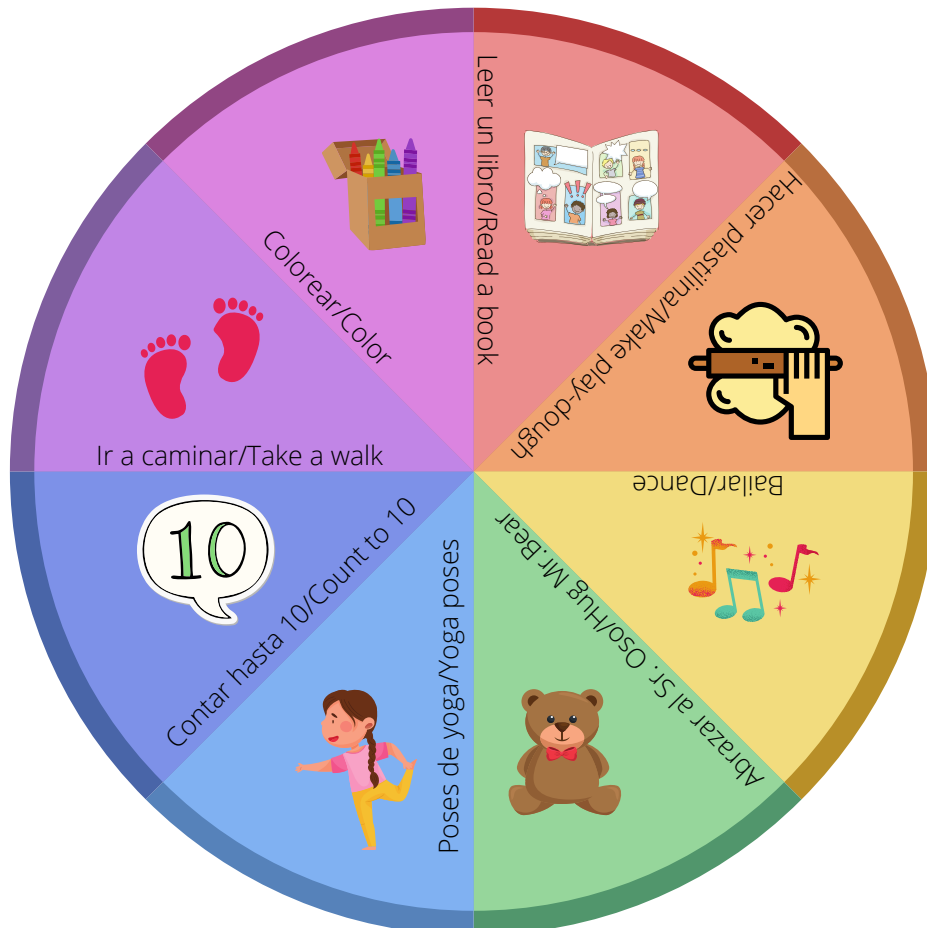
Focusing on solutions is one of the primary goals of Positive Discipline, and children are great at focusing on solutions when they are taught the skills and are allowed to practice them. The wheel of choice is a great tool to teach children problem solving skills. This tool looks like a pie chart, with 4-8 pieces (depending on your child's age) that have ideas or solutions for what to do in a given situation. When faced with a challenge, a child can simply look at the chart and pick the solution that works for him.

There are many ways to use the wheel of choice. You can use it to teach children healthy coping strategies, conflict resolution, chores, etc. The most important thing is to make it personal for YOUR family. The creation and brainstorming together is an essential part of the process.

How to make a "calming wheel of choice" for self-regulation?

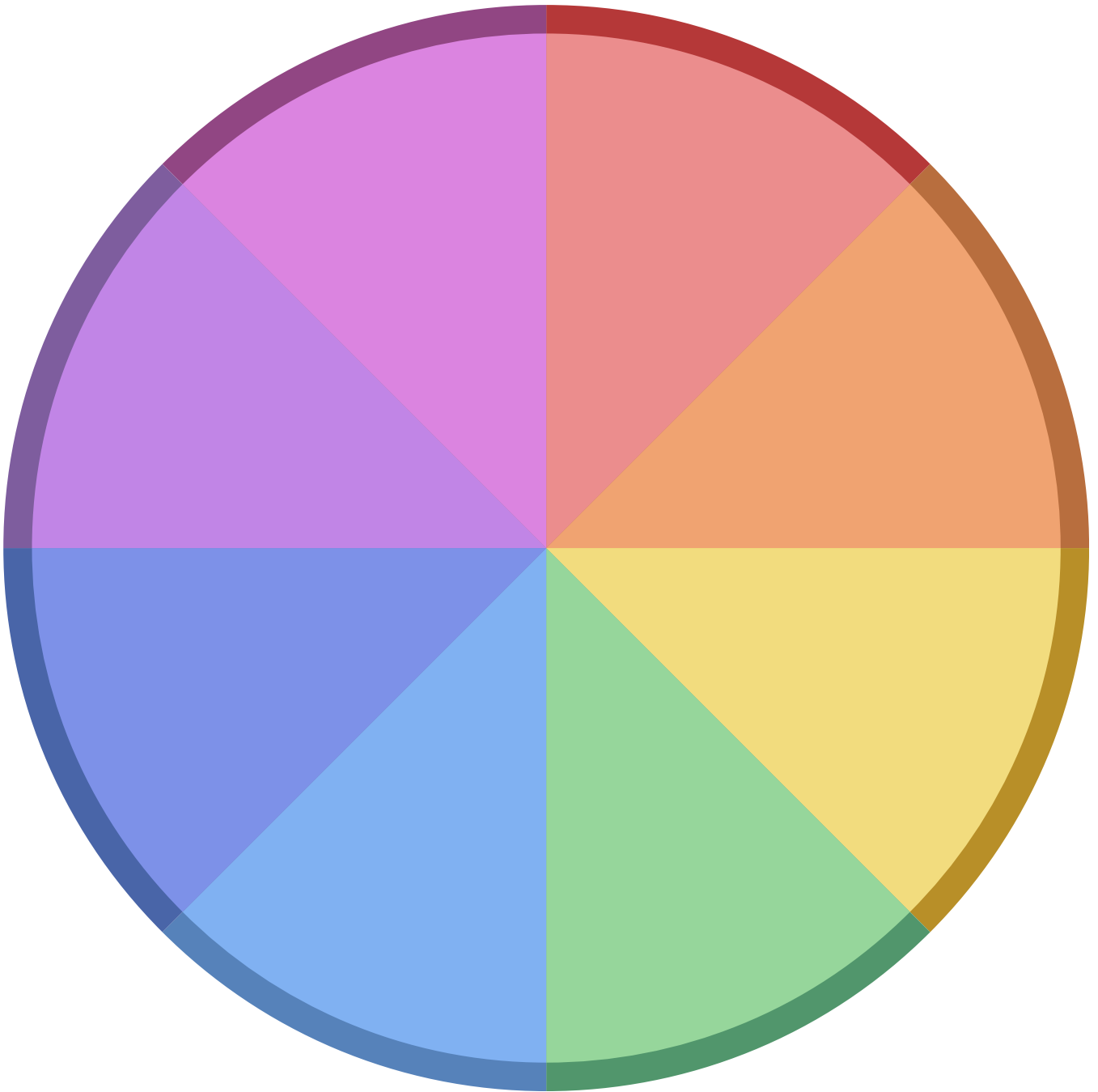
- 1) Brainstorm with your child a list of possible calming strategies.
- 2) Write one strategy in each section of the pie chart.
- 3) Have your child draw each strategy (or find pictures on the internet/magazines).
- 4) Hang the wheel of choice in a prominent location in the house (let your child pick the location).
- 5) When there is a conflict, ask your child if he would like to use the wheel of choice to find a calming strategy.

EXAMPLE



create your own

CALMING WHEEL OF CHOICE



RUEDA DE OPCIONES DE CALMA

Make sure your child takes the lead in creating this wheel of choice. He can decide if he would like to draw pictures to represent each calming strategy, or to find pictures on the Internet or in magazines. Then let your child choose where to hang it.