

Dear Parents,

The next couple of weeks our students at Christ the King will be learning different ways they can solve small problems. These problem-solving skills will be taught by using a conflict management curriculum called KELSO's Choice.

KELSO's Choice is a curriculum that assists our children in developing conflict management skills at school, in the community, and at home. KELSO's Choice helps our students differentiate between manageable "small" problems and those that require adult intervention. It also provides nine tangible skills that can be used to solve "small" problems. A small problem may be when a friend does not share or play with them, big problems are things that make a child feel that they are in danger or unsafe.

The nine different ways to solve small problems are taught over multiple lessons. The nine problem solving skills are:

- Go to Another Game
- Walk Away
- Wait and Cool Off
- Share and Take Turns
- Tell them to stop
- Ignore it
- Talk it out
- Make a Deal
- Apologize

Our students are told to try two Kelso choices before asking for help. There is a copy of the Kelso wheel following this sheet.

For more information about Kelso's choice, go to the website:

<http://www.kelsoschoice.net/>

Also, there is a You Tube video that walks you through The Kelso Curriculum. You can find it at: <https://www.youtube.com/watch?v=dzs7AAkuH9s>

If you have any questions, or would like me to see your child for any reason, feel free to reach me! I am here to support you and your children.

Sincerely,

Selena Borne

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