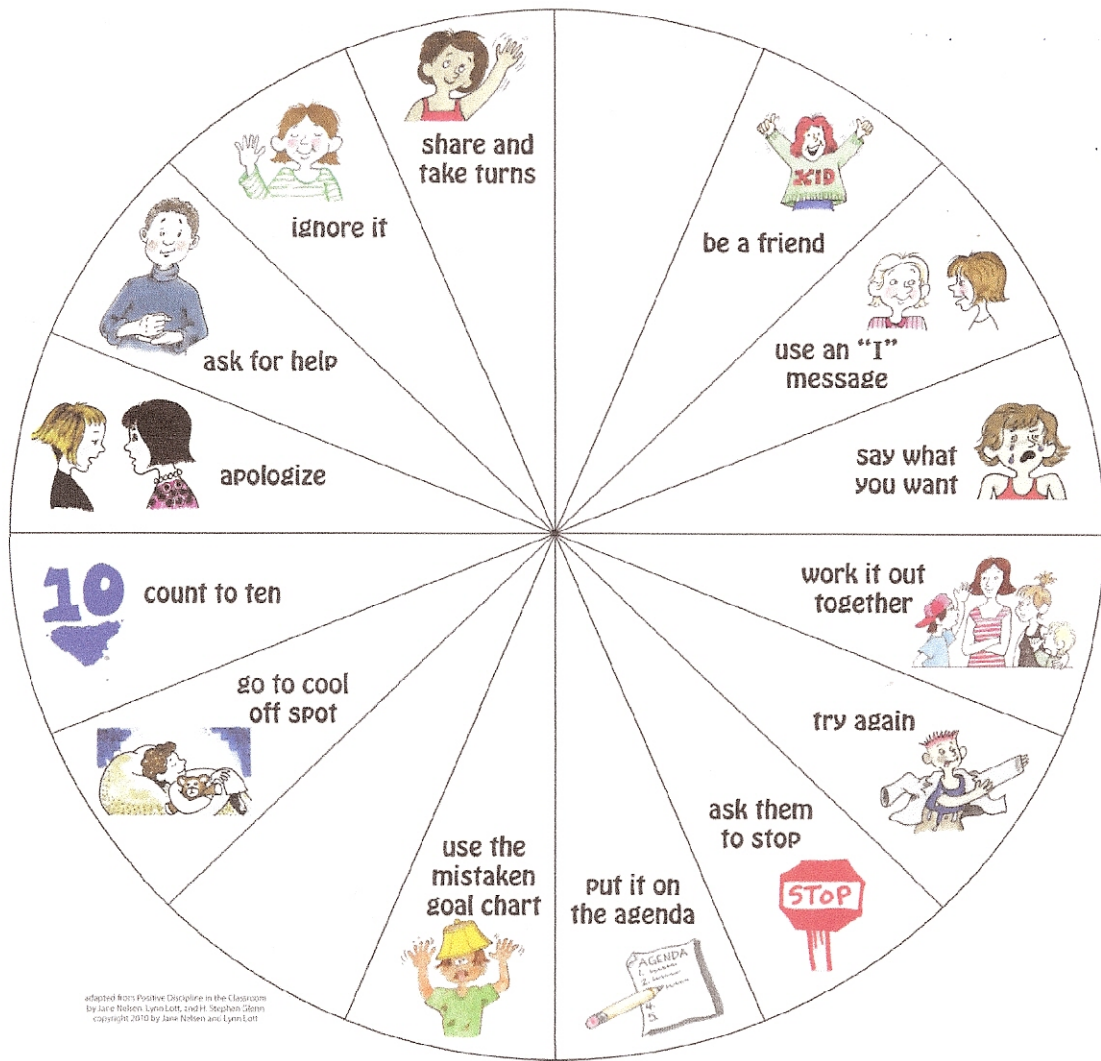


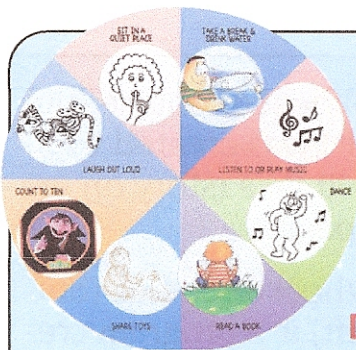
# The Wheel of Choice: A Problem-solving Program

By Lynn Lott and Jane Nelsen



adapted from Positive Discipline in the Classroom  
by Jane Nelsen, Lynn Lott, and H. Stephen Glenn  
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# Create a Wheel of Choice **With** Your Child



It is important that children are involved in the creation of their Wheel of Choice. Involvement enhances feelings of belonging, significance, and capability. Involvement also increases motivation to use what has been created.

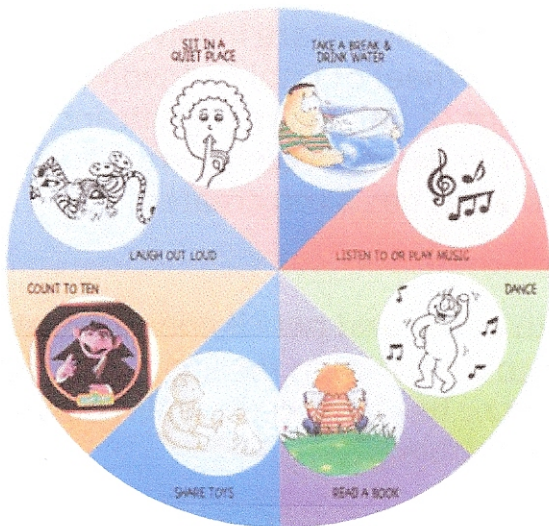
## **Directions:**

1. Sit at a table with paper and pencil and ask your child for ideas of what he or she could do when feeling frustrated, sad, or hurt. What would help him or her feel better (calm down) or that would be a solution to the problem?
2. Write down every suggestion.
3. When your child has mentioned everything he or she can think of, show him or her the Wheels of Choice on the next page to see if there is anything he or she would like to add.
4. On another sheet of paper or tag board, draw a big circle with pie pieces. (If your child is old enough, let him or her do it.)
5. Ask your child if he or she would like to draw pictures that represent each choice, or would like to find clip art on the computer.
6. When the chart is finished, let your child hang it in a prominent place.

**Laura Beth's (and Jake's) success story:** Jake used his Wheel of Choice today. Jake and his sister (17 months old) were sitting on the sofa sharing a book. His sister, took the book and Jake immediately flipped his lid. He yelled at her, grabbed the book, made her cry. She grabbed it back and I slowly walked in. I asked Jake if he'd like to use his Wheel Of Choice to help—and he actually said YES! He chose to “share his toys.” He got his sister her own book that was more appropriate for her and she gladly gave him his book back. They sat there for a while and then traded!



# Wheels of Choice

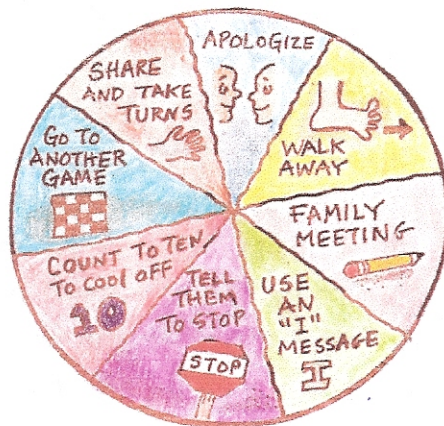
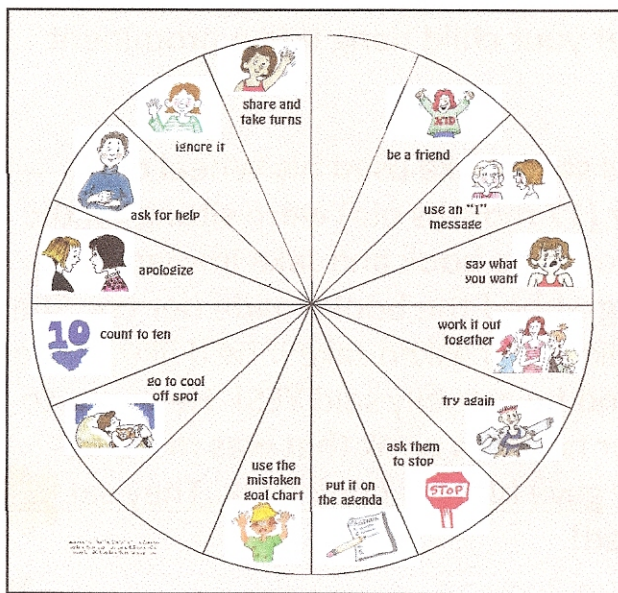


The Wheel of Choice (upper left) was created by 3-year-old Jake (story on previous page).

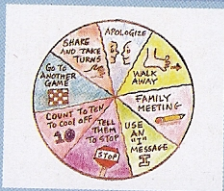
The Wheel of Choice (bottom left) is a program created by Lynn Lott and Jane Nelsen. It includes 14 lessons to teach the skills of the choices. Available at [http://store.positivediscipline.com/Wheel-of-Choice-A-Problem-Solving-Program\\_p\\_68.html](http://store.positivediscipline.com/Wheel-of-Choice-A-Problem-Solving-Program_p_68.html)

The examples provide ideas. However, the Wheel of Choice is most effective when your child has the biggest part in creating it.

The bottom right Wheel of Choice was created by Paula Gray and appears in *Positive Discipline* books, and the Positive Discipline Tool Cards.



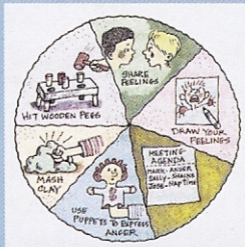
# Wheel of Choice



Using the Wheel of Choice is one Way to Teach Problem-Solving.

- 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.

# Anger Wheel of Choice



- 1) Teach your children that feelings are always okay, but what they do is not always okay.
- 2) During a time when your child is feeling calm, show him or her the Anger Wheel of Choice and go over the respectful alternatives for expressing anger.
- 3) When your child is angry, validate feelings and then invite him or her to choose an action from the Anger Wheel of Choice.