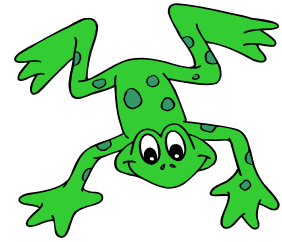


Greetings from Guidance!

January 10th, 2012



Happy New Year! I hope everyone had a restful, fun break! I am still waiting for the beautiful snow....

This month in Guidance class, your child will meet Kelso the frog and learn about Kelso's Choices! Kelso helps children learn how to solve small problems without help from a grown-up. Your child will learn the difference between big problems (i.e. dangerous, scary, and/or unsafe) and small problems that can frustrate you or make you feel a little angry or sad.

BIG problems always need help from an adult or "big" person. We will list names of grown-ups we trust and talk about "big" problem examples like bullying, physical aggression, or seeing a stranger.

SMALL problems can be solved by students who are willing to try some of Kelso's strategies without the help of a grown-up. Some examples are: breaking the line, teasing, annoying, or not sharing.

Adults may be asking students "Is what you are about to tell me a 'big' problem or a 'small' problem?" If it is a "big" problem, the adult will help with the situation. If it is a "small" problem, the adult may ask the student to try one of Kelso's 9 choices.

Kelso's Choices:

1. **Go to another game** (if someone is cheating, or not playing fair)
2. **Share and take turns** (if you want to borrow something or vice versa)
3. **Apologize** (if you hurt someone's feelings)
4. **Ignore** (if someone is saying mean words)
5. **Tell them to please stop** (ask them to stop saying mean words)
6. **Walk away** (if they continue to tease walk away)
7. **Wait and cool off** (take a deep breath and think about what you need to say)
8. **Talk it out** (tell the person using an I-message how you feel. ex: I feel mad because...)

9. **Make a deal.** (Decide together with the person who made you mad/sad what you can do together to solve the problem - "rock...paper...scissors")

Please encourage your child to try these strategies at home.

We will also be incorporating Kelso's Choices into the next 3 pillars - *Caring*, *Fairness*, and *Citizenship*. We will be reading books, doing role plays, and doing activities that build character and help empower students to make their own decisions.

