

# KELSO'S CHOICES

Conflict or disagreement is normal and often happens when children get together. However, hurtful words, gestures or physical attack are unacceptable ways to deal with conflict and disagreement. Kelso the frog is helping to teach students to make great choices. Kelso offers the children nine different strategies to choose from when faced with a small problem with a peer. They are:

1. Go to another game
2. Share and take turns
3. Talk it out
4. Walk away
5. Ignore it
6. Tell the person to stop
7. Apologize
8. Make a deal
9. Wait and cool off

Kids love Kelso, and want to make good choices. As adults we need to remind them when to practice these new skills and put them to good use.

I encourage you to become familiar with Kelso's different choices and use it in your home. Once you get to know Kelso, you're going to love him too! By working together, we can develop a healthy life skill for young people to use at home and at school.

Sincerely,  
Ann Klitzke-Nelson  
School Counselor

