How to Use the Wheel of Choice

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.

Dos and Don’ts for Parents & Teachers
To Help Children Learn Problem Solving
By Using the Wheel of choice

Do

- Get children involved in creating the wheel of choice and adding their own drawings.
- Make the drawings simple. Stick figures are great!
- Allow children to calm down first before using the wheel.
- Make copies of the wheel for different part of the home or school and for the car.
- Model using the wheel of choice yourself

Don’t

- Don’t suggest what you think will work best. Let children develop skills. (With 3 and 4 year olds, you can point out several options that will work.)
Based on the Positive Discipline books and materials written by Jane Nelsen and Lynn Lott

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