

# All About Choice – how to sustain it at your site.

## 5 ideas to keep in mind:

### ★ Keep it simple

Talk less, 'do' and 'be' more.

Our modelling is the key.

Make the language part of everyday routine, gradually build it.

Eg. Having students recognise when they made a situation better not worse

Have fun – lots of games, let them choose the ones they enjoy. Play often.

Remember it's about kids testing out how to relate best to other people so they will use the skills and strengthen in their confidence to deal with issues.

### ★ Practice – Have a go – allow yourself a few hundred mistakes!

Create opportunities to use the breathing, regular relaxation (warm up section).

Get students to comment on each other when situations get better not worse.

Do double circle practice of positive clear messages.

Create scenarios relevant to students, use for role plays, cartoons, stories etc.

Self evaluation / reflection regularly.

### ★ Test out in different situations

Link and connect these skills in other lessons, eg learning a new concept – take a deep breath, say, "this is tricky but I'll give it another try".

Encourage, encourage! Get students coaching each other..

Make a book of useful coaching tips for kids.

Link with an activity in buddy class.

Brainstorm or collect brilliant choices at recess or lunchtime (put them on the computer or smart board for students to add to).

Notice times they surprise themselves.

Eg when they move away from annoying/aggressive situations.

### ★ Look for the good

Any outcome creates an experience – endless possibilities for better not worse.

When chaos abounds, show you are calm within – modelling works.

It takes effort and time to change habits. Comment on little changes.

Keep the boundaries clear, if children feel safe they will keep trying.

Laugh often!

### ★ Be flexible

Flexibility with strong 'roots'. Clear, consistent values (a tree bends the roots are strong).

Some things just don't work out – know when to change tack.

Good and bad happens, that is a way we learn.

Deep breath, go with the flow.

Cultivate empathy – try to look at where other people are coming from, we all do things for our own reasons.