

All About Choice

Calm – Flexible - Strong

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All About Choice is an approach to developing helpful skills for students. It has been written by Jen Binney, who has been involved in self development, social skills and student behaviour management areas of teaching for 30 years. This approach helps students with practical skills around self control, getting back to calm and inner strength. Use this approach alongside the other great programs you use. Life skills take a lifetime to build so that they can transfer into everyday activities.

The building blocks of my approach are:

Calm - knowing how to get back to calm, what works for you

Flexible - willing to change, patience, resilience

Strong - inner strength - being fair, respect, positive energy, trust

In All About Choice students get to:

- ★ Learn ways to get back to calm
- ★ Develop the skill of relaxation
- ★ Try different ways of treating others well
- ★ Practice ways of responding in situations

We have a CHOICE about how we react –

There are many possibilities. Link it with other great ideas you use.

Getting back to calm + being flexible + showing strength on the inside
= Good choices

See what works for you - helpful choices make things better.

Unhelpful choices cause more pain / hurt / problems.

Changing habits and patterns takes much repetition and encouragement with practical activities.

The more practice students get, the more it becomes part of routine and they are more likely to transfer the skills to everyday situations.

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