

Offering Children Two Positive Choices

- Helps children shift from **Emotional State** to **Executive State**
- Activates frontal lobe for decision making and focused attention
- Do not use when child is in **Survival State**
 - *Use clear, assertive commands*



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Choices

Offering children 2 positive choices allows children to honor our wishes while honoring their power of free will.

Win/Win!

Conscious Discipline® – “You have a choice. You can either start with your mashed potatoes (positive) or your meat (positive). Which do you choose?”

- Teaches autonomy and personal responsibility while also encouraging children to choose compliance



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Choices

Language Structure

You have a **choice**.

You may _____ or you may _____.

What would be better for you?



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Two Positive Choices

Offer child two **positive** choices:

- Breathe deeply. (**Composure**)
- Tell the child enthusiastically, “You have a choice!” (**Encouragement**)
- Focus on what you want. (**Assertiveness**)
- State your two positive choices. (**Choices**)
- Ask the child for a commitment; “Which works best for you?” (**Choices**)
- Notice the child’s choice with a very encouraging voice; “You chose to _____!” (**Encouragement**)



gentle hug **or** high five



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ELM
Early
Literacy
Matters



HCC



Early Education System

Positive Choice Cards



1. Cut out the choice cards (horizontally) and hole punch the upper left corner
2. Place them on the binder ring
3. Show the children the choices as needed

Choice #1 Clean up by myself or
Choice #2 Clean up with a friend

4. Add cards depending on what you observe in your classroom/home



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