

The Work It Out Wheel

- Take turns
- Rock, paper scissors
- Listen
- Take a few deep breaths
- Flip a coin
- Make a pro/con list
- Share a snack
- Re-organize it
- Ask for advice
- Be a good sport
- Say how you feel
- Agree to disagree
- Apologize
- Count to 10 before talking
- Take a break
- Get more information
- Learn a new way of doing it
- Get someone you trust to help you make the decision
- Find something funny about it
- Compromise
- Both of you say what's good about the other person's idea
- Be shoulder to shoulder when talking
- What other ideas can we come up with, besides yours or mine?
- Say one good thing about the other person
- Talk about it again tomorrow
- Take a walk
- Sing or whistle
- ...or whatever idea your family thinks would help to work it out....