

Writing Worksheet—SODAS: 2: Lesson VI

Lesson VI provides an opportunity to teach SODAS. This idea is taught in *Teaching Self-Government* by Nicholeen Peck. The following is a brief explanation of SODAS. For a more in-depth explanation, see the book *A House United: Changing Children's Hearts and Behaviors by Teaching Self Government* by Nicholeen Peck.

“SODAS is a problem solving exercise to use to help young people with problem solving skills. They are applied effectively in helping children with behavior issues as they learn that for every action or non-action there is a reaction. Most young people really start understanding how to problem solve after a few months of using SODAS.

“SODAS is an acronym which means: situation, options, disadvantages, advantages, and solution. Essentially, SODAS are really thorough "pros and cons' lists. However, SODAS take the children one step further. They show the whole truth. SODAS show that there are even good consequences for making bad choices. Of course, there have to be positive and negative consequences for all kinds of choices, even the negative ones, or no one would ever choose the wrong choice. SODAS are a much more complete exercise for teaching good decision making.

“Here is a SODAS example. Any sheet of paper works for SODAS practice, or you can make a sheet of paper in the outline format to be used as a worksheet. The worksheet option is actually really good for those children who struggle with writing. Worksheets are always less intimidating than having to make the form and then fill it in.”

SODAS: Sample Worksheet

SODAS: Situation, Option, Disadvantages, Advantages, Solution

EXAMPLE

Situation: You are at the store with the family shopping for new clothes for your sister, and you become bored.

Options:

1. Stay with the family
2. Whine because I'm not having fun.
3. Walk off by myself.

Disadvantages:

- 1a. I might still be bored
- 1b. I won't get to see the stuff I want to
- 1c. I have to listen to girl stuff
- 2a. I will get criticism from mom.
- 2b. I will get in a worse mood.
- 2c. I could get lost.

Advantages:

- 1a. No one gets worried or upset
- 1b. I don't have to talk to anyone about bad behavior.
- 1c. Maybe we could look for some thing for me too.
- 2a. We could leave sooner.
- 2b. My opinions would be heard.

Solution: I choose to stay with the family while shopping.

SODAS Worksheet

SODAS: Situation, Options, Disadvantages, Advantages, Solution

Situation:

Options:

Disadvantages:

Advantages:

Solution:
