

# SODAS

## A Sweet Way to Solve Problems



When faced with a problem, kids need a way to work through it to find a workable, appropriate solution. The SODAS method provides structure to the process of solving problems and gives kids a new way to approach situations where they might have acted hastily or inappropriately in the past.



Printout the sheet on the next page each time you need to work through problems using the SODAS method.

# The SODAS Method

**S**ITUATION:

**O**PTION 1:

**O**PTION 2:

**O**PTION 3:

**D**ISADVANTAGES:

**D**ISADVANTAGES:

**D**ISADVANTAGES:

**A**DVANTAGES:

**A**DVANTAGES:

**A**DVANTAGES:

**S**OLUTION: (EXPLAIN)