



## **Answers At Hand**

Need to decide who's going to take out the trash, sit in the front seat of the car or get the last piece of pizza? Fingers Up shows kids a fair way to make hard decisions.

### **Make decisions quickly with Fingers Up**

Tired of squabbles? Try using this fun trick called Fingers Up when it's time to take out the trash and no one wants to do it.

Gather family members and tell them to put up as many fingers as they want, on the count of three.

Once everyone has their fingers up, count them for a total. So if your son put up 5, your daughter put up 3, your husband put up 2 and you also put up 2, the total is 12. Count off to 12 starting with yourself and going to the left. So, you are 1, then the next person is 2, 3, etc. Go around until you reach the number 12, and whoever you land on has to take out the trash. (Don't always make the chosen person the one who gets the dreaded chore – it's more fun if sometimes that's the person who claims the piece of pizza everyone wants!)

Fingers Up helps minimize squabbles but seizes the teachable moment to remind kids what we teach at WINGS in our Creed – “I want to step inside their shoes and see what they are going through.”

Reinforce the learning that this is a fair way to make a hard decision. Tell kids it's important to think about how they will react either way – if they “lose” and get the trash chore, or if they “win” this time.

You might say: “I know that if you are the one chosen to take out the trash, you are going to be upset. But remember this is a fair way to make a decision, so think now about how you are going to react. Screaming or pouting is not going to help. Take deep breaths or count to 10 if you need to. It will be best to say calmly, “OK, I'm the unlucky one. I'll go get my shoes on so I can take out the trash.”

Be sure to explain how to act if they luck out this time. “If you are the lucky one and do not have to take out the trash, remember to think about how the unlucky one feels. Treat them the way you would want to be treated. Shouting and celebrating will probably make them feel worse. Be happy you are the lucky one but don't rub it in.”