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.



S	Situation Reflect on the SITUATION and establish the who, what, where, when and why involved.	1
0	Options Consider your OPTIONS or choices, and make a list of both good and bad ones.	2
D	Disadvantages Determine the DISADVANTAGES for every option.	3
A	Advantages Work out the ADVANTAGES for every option.	4
S	Solution Summarize all of your options and conclude which SOLUTION will work best.	5

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



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The SODAS Method

SITUATION:

OPTION 1:	OPTION 2:	Option 3:
DISADVANTAGES:	DISADVANTAGES:	DISADVANTAGES:
A DVANTAGES:	Advantages:	Advantages:
Solution: (EXPLAIN)		