

# Random Sticks



“That’s not FAIR!” When children believe they are being treated unfairly it can result in complaining and arguments. Use Random Sticks to avoid conflict and increase the peace! Draw sticks to decide favorable and unfavorable tasks, like who gets to pick the next song, or who had to take out the dog.

1. Write the name of all of the kids and even the adults on individual sticks or slips of paper and place them in a cup.

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2. Instead of choosing or taking turns, pick a stick. Read the name and return it to the cup.

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3. Let the children pick the stick sometimes. This shows just how “fair” it is.

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4. Compliment everyone for being a good sport, even when they didn’t get picked or has an unwanted pick.

This tested and proven strategy increases feelings of fairness and helps children build resilience. Random Sticks improve trust, compliance, and dealing with disappointment. This increases peace, productivity, health, and happiness at home!

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