

Don't Flip Out, Just Use FLIP IT!

Teachers and families alike can use this simple four-step process, known as FLIP IT, with children of all ages when they are angry, feeling upset, or need to work through a problem or conflict with someone.

- F—FEELINGS:** Ask or help identify what the child is feeling.
- L—LIMITS:** State the rule or expectation in a positive way, when possible.
- I—INQUIRIES:** Ask open-ended questions to help the child think of solutions.
- P—PROMPTS:** When the child seems stuck, offer some solutions.

Here is an example:

Two friends both grab the last cookie from the snack tray and then start pushing and arguing over who gets to eat it. The teacher intervenes using FLIP IT.

F—“What are you each feeling?”

One child responds: “Mad!”

The other child responds: “Frustrated!”

L—“You two both really want this cookie and it is making you feel mad and frustrated. We use our hands in kind ways.”

I—“What could you do instead of pushing and shouting that would help you work this out?”

Each child has a chance to respond, and if they can agree on a solution, then go with it! If they need some assistance coming up with a fair solution, move to prompts:

P—“Perhaps, one of you could use the plastic knife to cut the cookie, and the other could be the one to choose the first piece?”

Remember the steps of FLIP IT whenever you face a challenging behavior!

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Social & Emotional Lenses

Try this song for helping children work through a bad mood: “I Get Angry” by David Kisor, available for download from Growing

Sound’s website:

<http://shop.childreninc.org/song-get-angry-p-50.html>.