

STEPS TO HELP KIDS RESOLVE CONFLICT

1. GET *Calm* FIRST



Some Ways to Get Calm:

☐ Do A Breathing Exercise
Like Hot Cocoa



☐ Get a Drink of Water



☐ Count to 20



☒ Place Hands Over Your Heart & Breathe



2. FIGURE OUT IF THIS IS A *small problem* OR **BIG PROBLEM**

Small problems are things you might feel disappointed, annoyed or frustrated with. You can usually handle a small problem on your own.



Big problems are when things are unsafe or dangerous and you or someone else feels scared. Ask an adult for help for big problems.

Do you feel scared, in danger, or unsafe?

If **NO**, then



YES

If **yes**, then



☐ Ask for **HELP**

3. TRY A *Peaceful* PROBLEM SOLVING TRICK

like the ones listed below



☒ Find a **WIN-WIN** SOLUTION



☐ Flip a Coin or Do **ROCK**-PAPER-SCISSORS



☐ Ignore what's Annoying You



☐ TALK IT OUT and Use **I-MESSAGES**

I felt _____
when _____
I would like _____



☐ DO SOMETHING ELSE



☐ Say Words that Mean **NO**

Also Make Sure To:

☐ Listen to each other.

☐ Put yourself in the other person's shoes.



☐ Share or **Take Turns**



☐ **APOLOGIZE**

I was wrong when I _____
I am really sorry. I will try to make it better by _____
I hope you can forgive me.



Ready To Use Conflict Resolution Activities For Secondary Students

Ruth Perlstein, Gloria Thrall



Ready To Use Conflict Resolution Activities For Secondary Students:

Ready-to-Use Conflict Resolution Activities for Secondary Students Ruth Perlstein, Gloria Thrall, 2001-09-15 This practical resource gives counselors coaches and youth leaders a program for training secondary students in conflict resolution and peer mediation Activities use typical adolescent scenarios and role plays with reproducible handouts to make the skills involved in resolving conflicts relevant and accessible to students of all ability levels **How To Reach & Teach Teenagers with ADHD** Grad L. Flick, 2000-08-25 This comprehensive resource is packed with tested up to date information and techniques to help teachers counselors and parents understand and manage adolescents with attention deficit disorder including step by step procedures for behavioral intervention at school and home and reproducible handouts checklists and record keeping forms The ten chapters include Medical Clinical Interventions Family Issues for ADHD Teens Educational Issues Network of Support and more How to Reach and Teach Teenagers with ADHD is one of the most practical and complete resources available for understanding the nature and treatment of attention deficit disorder and helping Adolescents with ADHD control difficult behaviors and overcome related social and academic problems **Resolving Conflicts** Karen Judson, 2005 Examines various types of conflicts and different ways of solving them and discusses conflict history and famous advocates of peaceful change **The Power of Social Skills in Character Development** Jennifer L. Scully, 2000 This book gives you 80 powerful classroom tested lesson plans A complete program for helping your students gain self esteem and improve relationships with peers teachers and adults outside of school ***Behave Yourself!*** Ambrose Panico, 2011-09-20 Develop sound behavior change plans for both general and special education students You will learn specific strategies for developing behavior intervention plans BIPs that lead to long term positive change You will also gain the tools required to do this important work The author outlines a practical five step Plan to Do Better approach and provides reproducibles that ease the information gathering process so vital to developing your BIPs **Nurturing An Endangered Generation** Rosemary Thompson, 2013-08-21 The statistics are pretty grim the young people of the US face an ever increasing tide of poverty alcohol and drug abuse violence suicide and family dysfunction However society's response has been slow Too many young people do not receive consistent positive and realistic validation of themselves from the adults on whom they depend The problems facing today's youth demonstrate the critical need for responsible adults to establish close helping relationships with our young people This means not only helping them achieve academically but also teaching them skills such as assertiveness decision making conflict resolution impulse control anger management empathy sensitivity and tolerance of difference This book goes beyond the stilted rhetoric on the problems of youth and the dilemma for society by outlining specific treatment intervention and prevention strategies that address the full spectrum of dysfunctional behavior It introduces structured intervention strategies for school and community collaboration with an emphasis on remediation and treatment Educators and helping professionals will find counseling strategies and psychoeducational techniques that focus

on primary prevention These primary prevention strategies are supported by an understanding of critical social emotional and cognitive skills Each chapter introduces the latest demographic data and the factors that make children and adolescents vulnerable to self defeating or self destructive behaviors and then counteracts these factors with structured intervention and prevention

Understanding Williams Syndrome Eleanor Semel, Sue R. Rosner, 2003-10-17 The 1st authoritative synthesis of our exploding knowledge about Williams Syndrome this bk identifies prototypical features provides problem specific strategies for intervention Essential reading for all those professionally scientifically personally *Ready-to-Use*

Conflict-Resolution Activities for Elementary Students Beth Teolis, 2002-01-15 For K 6 teachers and counselors here are over 100 step by step lessons and illustrated activities that give students the tools and empathy they need to solve conflicts peacefully and feel like winners The wide variety of lessons and activities that will appeal to all students are organized into four sections Conflict Resolution Activities for Educators helping the teacher model appropriate behaviors through 12 self empowerment activities Building the Groundwork for Conflict Resolution 29 activities to help students build their own positive identity and deal with inner directed anger Conflict Resolution Activities for Your Classroom 69 activities develop children s conflict solving skills and reduce their anger toward others Conflict Resolution Activities for Your School 19 activities including those that alert students to bullies and what can be done to prevent bullying *70th Annual Discussion and Debate Source Book* , 1996

Character Education Connections for School, Home, and Community Diane Stirling, Georgia Archibald, Linda McKay, Shelley Berg, 2000 This book is a clear concise holistic resource for classroom teachers with a thoughtful collection of approaches to integrating character education into daily learning and school life

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