

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.



Skills For Resolving Conflict Series

Jianjun Gao



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