

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

Michael Rajnik



Skills For Resolving Conflict Series:

Skills for Resolving Conflict Series Marna Owen,1996

Mediation Skills: Resolving Conflicts with Confidence

Pasquale De Marco,2025-04-10 Embark on a transformative journey with Mediation Skills Resolving Conflicts with Confidence a comprehensive guide to mastering the art of mediation and achieving positive outcomes in various conflict scenarios This book empowers you with proven techniques and strategies to navigate the intricacies of mediation empowering you to resolve disputes constructively and collaboratively Written in a clear and engaging style Mediation Skills takes you through the fundamental principles and practices of mediation You ll discover how to prepare effectively select appropriate mediation techniques and adapt your approach to different types of disputes Case studies and real life examples illustrate the application of mediation principles in various contexts making the concepts relatable and applicable Delve into the intricate dynamics of mediation addressing challenging situations such as dealing with strong emotions overcoming impasses and navigating cultural differences Explore the importance of ethical decision making professional development and continuous learning for mediators The book also explores emerging trends and innovations in the field of mediation highlighting the role of technology and the evolving landscape of conflict resolution Whether you are a seasoned mediator seeking to enhance your skills or a newcomer exploring the field of conflict resolution this book offers invaluable insights and practical guidance Its comprehensive approach practical exercises and insightful case studies make it an indispensable tool for achieving successful and sustainable resolutions in diverse mediation settings With Mediation Skills Resolving Conflicts with Confidence you ll gain the confidence and expertise to resolve conflicts effectively build bridges between parties and foster harmonious relationships in various aspects of life Embrace the transformative power of mediation and become a catalyst for positive change in your community and beyond If you like this book write a review on google books

Resources in Education ,1998

Resolving Conflict Dale R. Olen,1993

Encouraging Your Children: A Guide

Pasquale De Marco,2025-05-04 Encouraging Your Children A Guide is a comprehensive guide to encouraging your child at every stage of their development It provides practical tips and advice on how to help your child build a strong sense of self esteem develop their talents and abilities and reach their full potential Pasquale De Marco draws on her years of experience as a parent and educator to provide insights into the importance of encouragement and how to use it effectively She covers a wide range of topics including How to encourage your child s learning How to encourage your child s social and emotional development How to encourage your child s creativity How to encourage your child s independence How to encourage your child s spiritual development How to encourage your child s career development How to encourage your child to be a lifelong learner This book is filled with real life examples and case studies that illustrate the power of encouragement It is an essential resource for parents who want to help their children succeed in all areas of their lives Encouraging Your Children A Guide is a must read for parents who want to raise happy healthy and successful children It is a book that will inspire you to

be the best parent you can be If you like this book write a review on google books Birth Control Liam Hall,AI,2025-03-17 Birth Control offers a comprehensive guide to contraception focusing on informed decision making in family planning and reproductive health It explores various birth control methods from hormonal options like birth control pills and IUDs to barrier methods and fertility awareness emphasizing that the best choice depends on individual circumstances The book highlights the effectiveness rates of each method acknowledging that real world use often differs from perfect use scenarios It also provides crucial information on potential side effects empowering readers to weigh the pros and cons with their healthcare providers This book uniquely presents information in a clear objective manner avoiding promotion of any single method It starts with a historical overview then systematically categorizes and examines each method including usage instructions advantages disadvantages and risks The book underscores that open communication with healthcare providers is essential particularly when considering factors like relationship dynamics and personal health The book progresses from fundamental concepts of reproductive health to detailed discussions of specific birth control methods culminating in sections on family planning and preconception counseling Real world case studies illustrate how different factors influence birth control choices making it a valuable resource for anyone seeking to understand and navigate the complexities of contraception

Equipped for the Future Content Standards Sondra Gayle Stein,2000 Provides 16 standards for what adults need to know and be able to do in the 21st century Standard 1 Read with Understanding Standard 2 Convey ideas in Writing Standard 3 Speak so Others can understand Standard 4 Listen Actively Standard 5 Observe Critically Standard 6 Use Math to Solve Problems and Communicate Standard 7 Solve Problems and Make Decisions Standard 8 Plan Standard 9 Cooperate with Others Standard 10 Advocate and Influence Standard 11 Resolve Conflict and Negotiate Standard 12 Guide Others Standard 13 Take Responsibility for Learning Standard 14 Reflect and Evaluate Standard 15 Learn Through Research Standard 16 Use Information and Communications Technology

The Great Marriage Tune-Up Book Jeffry H. Larson, PhD,2004-03-15 From Dr Jeffry Larson the author of the best selling *Should We Stay Together* that was featured on the Today Show comes a must have book for couples in a long term relationship All serious couples reach a point where they feel frustrated stuck bored disillusioned and misunderstood But now drawing on over fifty years of research in marital and family relationships Dr Larson provides helpful and easy to use quizzes self tests and personal assessments that reveal why you re feeling this way explain the underlying issues and provide solutions to specific issues and problems Throughout this practical book Dr Larson highlights strengths and weaknesses and focuses on goals for improvement

Promoting Nonviolence in Early Adolescence Aleta L. Meyer,Albert Farrell,Wendy Northup,Eva Kung,Laura Plybon,2012-12-06 In preparation for role play during a RIPP class 6th grade students consider the following conflict situation Sharon and Josie who are good friends tryout for the basketball team Josie makes the team but Sharon does not The week after tryouts Sharon tries to pick a fight with Josie calling her a cheater and some one the coach felt sorry for Josie is in a bind she wants to remain friends with

Sharon but she is really angry with Sharon for treating her so badly What can Josie do in this situation What type of self talk will help her work out this problem with Sharon and keep the friendship During the role play Sharon calls Josie a cheater Then before Josie responds two students representing her positive and negative sides take turns whispering into her ear Negative self talk Boy is she a loser What if everyone believes her and thinks that I cheated to get on the team Positive self talk I know I worked hard to get on the team Sharon must really be hurt that she didn't make it I can talk to her later when she's cooled down and maybe we can do something together after practice Josie listens to the two voices and decides that the best approach is to ignore Sharon's comments for now and to call her later that day to see if they can do something together This description of students dealing with everyday conflicts is quite real *Dealing with Conflict and Complaints* ,

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