

Guidance Lesson Home Page
Mr. Rauschenberger
Grade 1
Conflict Resolution:
“Actions and Consequences”
Part I



This week during your child’s classroom guidance lesson children learned how to resolve conflicts peacefully.

Conflict was defined as: “A disagreement with several possible causes and several possible outcomes.” Children learned other words for conflict which included some of the following: Problem Dispute Argument Fight

Students began the lesson by sharing real conflicts that occur in their lives. Next, students listened to the story, *“Spinky Sulks”* by William Steig. In this story, the main character’s feelings are repeatedly hurt because there is a lack of communication between family members, which results in a conflict. As a result, Spinky grows more and more angry and is unable to recognize his “feelings fingerprints” or signals his body sends him to let him know that he is growing angry.

Students had fun learning and practicing conflict strategies by discussing real conflicts that occur in their lives and then offering some solutions. Students enjoyed choosing conflict solutions from a Velcro board and placing them next to the conflict.

Next, students learned steps to KEEP CALM:

- Say the word “STOP”**
- Say the words “CALM DOWN”**
- Using I Messages-“I Feel _____ when you....”**
- Take a deep breath through your nose while counting to 5. Hold your breath while you count to 2. Breathe out through your mouth while you count to 5.**
- Keep doing this until you feel calm!**

Students completed the lesson by completing a “Feelings Fingerprints” handout. Throughout the lesson, children learned the “symptoms” our bodies give off when we are growing angry or upset.

Some of these “Feelings Fingerprints” may include:

- Your ears get hot**
- Your stomach gets “butterflies”**
- Your head starts to hurt**
- You start to sweat**
- You clench your fists**
- You begin to tremble**
- Your hands get cold**
- Your breathing gets faster**
- Your heart beats faster**

Children were asked to look at this list, find their “Feelings Fingerprints” on the picture provided and color it in.

We completed the lesson by playing a fun game of “Feelings Charades!” This is a great activity to learn about body language!