

Guidance Lesson Home Page

Mr. Rauschenberger

Second Grade

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

We began the lesson by listening to the story, *The Berenstain Bears Get in a Fight*, by Stan and Jan Berenstain. In the story the bears learn that sometimes even the best of friends don't always get along and can get involved in a conflict. The bears must learn how to work through their conflict.

Students continued the lesson by sharing real conflicts that occur in their lives. Through the help of their classroom peers, students learned effective conflict resolution strategies by choosing the most effective plan.

CONFLICT MANAGEMENT STRATEGIES

- 1) **Say Back**-Repeat back what the person said—“I heard you say that...”
- 2) **Compromise**—“Let's take turns.” “Let's split the pie in half”
- 3) **Persuasion**—Convince other person why it's wrong-“We could get in trouble.”
- 4) **Plan Ahead**-Have an excuse ready—“I have homework to get to”
- 5) **Assertive Refusal**—“I said NO!”
- 6) **Ask Open-Ended Questions**—“What do you want me to do?” “Why do this?”
- 7) **Show Understanding**—“I'm sorry that I hurt your feelings. I see why I was wrong.”

- 8) **Put It Off**—“We’re both really upset right now. Let’s talk about this tomorrow.”
- 9) **Stand Up For Yourself**—“What you’re doing is wrong.”
- 10) **Listen**—Actively listen to what the other person is saying.

We practiced some of these conflict strategies by discussing certain conflict situations and then offering some useful solutions. Students had fun by choosing conflict solutions from a velcro board and placing them next to the conflict!

Students practiced the following conflict strategies:

- Say “STOP”
- Say “CALM DOWN”
- Use an “I MESSAGE”—I feel _____ when you...”
- Take DEEP BREATHS
(Breathe in slowly through mouth, then exhale out through nose)
- Keep doing this until you feel calm!!!

To conclude the lesson, students had the opportunity to practice some of these conflict strategies by playing the game, *A Case of Conflict (From a collection of games in a Case of Conflict Resolution, published by the Center for Applied Psychology, Inc. 1996)*.

In small groups, children were given dice, a game board, conflict cards, and a conflict strategy sheet. Students read conflicts off the conflict cards and then discussed with their group members how best to handle the conflict.

They could:

- Use I Messages—I feel _____ when...*
- Ignore Island-Become a broken record*
- Walk Away Walk Way*
- Grown-up Gazebo*

Students had fun learning conflict strategies by playing this game. You are encouraged to play this game with your child too for a wonderful follow-up activity on conflict resolution!