

Step 1: Calm Down

Sometimes we get angry with our friends, and its OKAY to feel angry, but it is important to calm down so we can think clearly!

Here are some ways to calm down:

1. Take 5 deep breaths
2. Take a break
3. Get a drink
4. Think a happy thought
5. Count slowly to 10



Step 5: Tell an adult if necessary.

Step 4: Try two ways of fixing the problem.

Step 3: Decide if it is a big problem or a small one.

Step 2: Identify the problem.

Step 1: Make sure you are calm.

Step 2: Identify The Problem

Think about what the problem is.

If strong feelings keep you from being able to do this, go back to step 1! Being calm is important to being able to figure out what exactly the problem is.

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Step 3: Identify The Size Of The Problem

A problem is **big** if someone is in danger or if you feel unsafe or scared. For a big problem, skip to step 5 and tell an adult immediately!

A problem is **small** if it can be easily solved and is not an emergency. Examples of small problems are someone bothering you, not playing by the rules, etc.



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Step 4: Try Two Ways To Fix The Problem

Use your problem solving skills to try to fix the problem! Here are some strategies you can use:

- Compromise
- Take turns
- Use I-statements
- Ignore it
- Walk away
- Ask the person to stop
- Find something else to do
- Share



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Step 5: Tell An Adult If Needed



If someone is in danger, or you feel unsafe or scared, this is the best choice.

If it is a small problem and you have gone through all the steps, ask an adult you trust to help you with your problem.

Adults you can talk to:

- Parent
- Teacher
- Principal
- Counselor
- Babysitter
- Neighbor
- Anyone you trust

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Name: _____

We Can Solve Our Conflict!

What is the conflict? _____

Step 1: Are you both calm? If not, how do you plan on calming down. Make sure you are calm before moving on to step 2.

Step 2: What is the actual problem? _____

Step 3: Is this a big problem or a small problem? Why?

Step 4: Which 2 strategies are you going to use to try to fix the problem? _____

Step 5: Do we need to involve an adult, or can we solve this on our own? _____

We resolved our conflict by: _____

Is there anything we need to do differently next time? If so, what? _____

Conflict Resolution Styles Cont...

Of course they aren't the only ways to resolve conflict! In fact, there are MUCH better ways to solve conflict. Let's have a look at some better ways to solve conflict...

Compromise

People who compromise will find a way for each person to partially get their own way, but not entirely.

Win-win

People who attempt to create a "win-win" situation will try to find a solution where both people get what they want.

think!

- Have you ever used either of these conflict resolution styles?
- Why don't people always use a win-win style?