

# Kind and Caring Kids: Conflict Resolution



KC Koala

(Just a reminder: a koala is not a bear. It is a marsupial. 😊)

**Bold Text:** suggested words to say to teach lesson  
*Italics:* suggested actions to take  
(Parenthesis): background information or suggested answers

<b>Important Background Information</b>
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The lessons on conflict resolution from preschool through grade five are part of a *process* to teach children how to be Kind and Caring kids. Children should learn:

- **How to: not cause conflict**
- **How to: prevent conflict**
- **How to : resolve a conflict without violence**

Please stress the positive concepts of being Kind and Caring, instead of the negative aspects of meanness or violence.

Use the Reinforcement Activities to emphasize the concepts taught.

There are numerous resolution strategies to discuss and practice. This grade level will not cover every one. Feel free to incorporate others into your lesson.

### Strategies

Share	Avoid
Take turns	Ignore
Compromise	Chance
Cooperate	Express and Explain
Active Listening	Postpone
Paraphrase	Humor
I Messages	Get Help
Apologize	
Peer Mediation	

- ★ It is important to establish a Kind and Caring atmosphere in your classroom!
- ★ Praise and/or reward acts of kindness that students display.
- ★ Encourage tolerance and acceptance of others
- ★ This is a good time to stress self-esteem/tolerance and differences by using American Sign Language for the steps to resolution.
- ★ Model this behavior yourself.

It is recommended that the Kind and Caring: Self-Esteem / Tolerance lesson be taught before this one.

## Materials Needed for Lessons

### ALL Lessons:

- Backpack poster
- KC Koala poster
- Conflict Resolution poster

### Lesson A:

- Activity Worksheet #1 (one per student; copy on two different colors of paper)
- Activity Worksheet #2

### Lesson B:

- Activity Worksheet #3

### Lesson C:

- Activity Worksheet #4
- Activity Worksheet #5 (one copy; cut out ahead of time)
- Activity Worksheet #6 (optional)
- American Sign Language Worksheet
- Letter to the Parent/Guardian

## Objectives for Students

- Define and identify conflict.
- Explain the 5 steps to resolve a conflict.
- State two things to do in order to manage anger.
- Explain five strategies to resolve a conflict.
- Apply the 5 steps to resolve two conflicts.

## Review of Introduction or Past Lessons

*Decide which topics you plan to teach for your session and put those corresponding symbol cards inside the poster pocket before you begin.*

*Always start with a review of the Check First concept!*

*Using the Backpack poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.*

*As you introduce a topic, a student (or teacher) removes and displays the symbol card from inside the pocket.*

*Proceed with the lesson.*

***You may teach this in 1,2, or 3 lessons.***

## Lesson A—Introduction

### Symbol Card



*Remove the KC Koala symbol card from the poster pocket. Review the concept.* (KC stands for Kind and Caring. A Kind and Caring kid tries to be tolerant of others, respect their differences, and be a kind person.)

**KC's slogan is "Kind and Caring is the way to be!" Even if we try to be Kind and Caring, we can still get involved in conflicts.**

**Conflicts happen every day. Conflict is a natural part of our lives. What is a conflict?** (difference of opinion, tension, friction, disagreement, a problem)

**Conflict can be as small as an argument or as big as war; it occurs whenever people are living, working, or playing together.**

**Conflict is not always bad. Sometimes it is what is needed for two people to start communicating better. Conflict *is* bad, however, if it is handled poorly.** (for example: a fist fight, swearing, violence, etc.)

### Activity Worksheet #1

*Copy this worksheet on two different colors of paper ahead of time. Distribute to students randomly.*

**Look at your worksheet. There is a change in recess today. Those students with a pink paper will receive 10 minutes extra during recess. Those with yellow paper will have no recess today. How do you feel about this? This will create "conflict" among students.**

**How do you students with yellow paper feel when I say you will not have recess? (angry, cheated, etc.) When you have a conflict with someone you often feel angry or hurt. Feeling angry often leads us to behaviors that will get us in trouble such as yelling, hitting, or being violent. The best thing to do first is STOP and ask yourself how you can get rid of your anger. Let's look at the worksheet.**

### Activity Worksheet: # 1

*Students will be asked to match each step of conflict resolution with the question they need to ask themselves. Give students a few minutes to complete the worksheet.*

**Let's think about the statement that some of you will not have recess today. You said that you feel angry, cheated, picked on, etc. If you are feeling angry, the best thing to do is STOP and ask yourself, "How can I get rid of my anger?" Let's review the worksheet.**

**Step 1** *Refer to worksheet.*

**The letter E goes next to the word STOP because that's the first step. Decide how you can get rid of your anger.**

**For those of you with yellow paper, what can you do right now if you are angry?** *Ask the students to write down a few different strategies to deal with anger next to the word STOP on the worksheet.* (Count to ten, take deep breaths, relax your body, think of something pleasant, etc.)

*Demonstrate the word STOP in American Sign Language. Have the students sign the word STOP. See page 11 for visual clues.*

## Step 2

**The second step to resolve conflict is IDENTIFY. Which question on the worksheet goes with IDENTIFY?** (C. What is the problem?) *Demonstrate the word IDENTIFY in American Sign Language, and then have the students sign it.*

**Can anyone explain to me what the real problem is when I say that students with yellow paper will not have recess?** (It is not fair. It is discrimination.)

**So let's think of ways to solve the conflict.**

## Step 3

**THINK is the third step. Which question on the worksheet goes with THINK ?** (D. How can we solve the problem?)

*Demonstrate the word THINK in American Sign Language. Have the students sign the word THINK.*

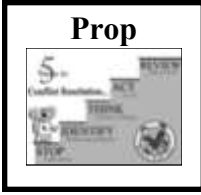
**How can we solve this problem if only one half of the students can go to recess today?** *Listen to student responses. Ask students to write ideas on worksheet next to the word THINK.* (Possible strategies to resolve this conflict: take turns [no recess for yellow today, no recess for pink tomorrow], compromise [yellow goes for half of time, pink for other half], chance (flip a coin—make the decision even more random), avoid [everyone stays in for recess], postpone [there is not a good solution available now. Discuss later.]

**Please list the following strategies next to the word THINK on your worksheet: take turns, compromise, chance, avoid, postpone.**

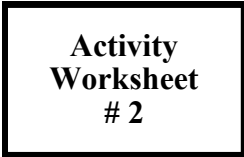
## Step 4

**The fourth step to resolve a conflict is to ACT. Which question goes with ACT?** (E. Which idea is best? Try it!) **Which solution do you think is best for us to try?** *Ask students to vote to decide which idea to try. Demonstrate the word ACT in American Sign Language and then have the students sign the word ACT.* **The final step to resolve this conflict is to REVIEW. Demonstrate the word REVIEW in American Sign Language. The students then sign the word REVIEW. We decided on a strategy. Does it solve the problem? Is everyone happy about it? Is there still anger? Would you try it again?**

**The good news is that no one will need to miss recess today! Look at this poster to review the five steps to resolve a conflict.**



*Refer to poster. Review.*



*Pass out a copy of this worksheet to each student. **Let's consider the following situations on the worksheet.** Complete and discuss.*

*Go on to Lesson B, C, and/or the Closure.*

## Lesson B—Anger Management

### Prop



Review KC Koala's motto: "Kind and Caring is the way to be!" Go over the 5 steps to Conflict Resolution, using American Sign Language as you say each word (optional).

**Anger is a natural feeling. We feel it everyday often right before or during a conflict. If we react without thinking, the situation can become worse. When you feel angry, you always have a choice. You can deal with your anger in a responsible way or an irresponsible way. First you need to STOP and get control of your anger.**

### Activity Worksheet: # 3

Distribute a copy of the worksheet to each student. Ask students to decide if each reaction is responsible or irresponsible. Student will only complete the top half at this time. Continue with lesson.

Write the following words on the board.

Trigger → Physical Response → Deal with Anger

**The first part of making responsible decisions when you are angry is learning to identify your triggers. A trigger is something that makes you angry. Can someone name one of your triggers?** (being called a name, losing a game, etc.) **The physical response is your body's reaction to the anger. What is an example of a physical response?** (sweaty palms, clenched teeth, headache, stomach ache)

**After the trigger and the physical response, you should make a responsible choice to deal with the anger. You need to STOP and calm down. What is one way to responsibly calm down?** (count to ten, deep breaths, exercise, leave the area, personal time alone)

### Activity Worksheet: # 3

Students will complete the bottom half of the worksheet at this time. Discuss.

Go on to Lesson C and/or the Closure.

**Lesson C—Strategies****Prop**

*Review KC Koala’s motto: “Kind and Caring is the way to be!” Go over the 5 steps to Conflict Resolution, using American Sign Language as you say each word. (optional)*

**Activity  
Worksheet:  
# 4**

*Distribute a copy of the worksheet to each student. Use the top half of the worksheet to review the conflict resolution strategies. Students will complete the bottom half of the worksheet independently. Discuss.*

**Activity  
Worksheet:  
# 5**

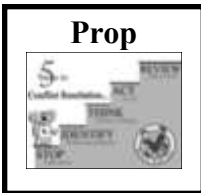
*Role-play scenarios to give students practice on how to handle a conflict*

*Go on to the Closure.*



## Closure

**Conflicts happen everyday. It is a natural part of our lives. Conflict can be as small as an argument or as big as war; it occurs whenever people are living working or playing together. It is important to learn ways to resolve conflict — Be a Safety Kid!**



*Ask students to repeat the 5 steps to conflict resolution out loud. Use the poster to help them, if necessary. (STOP, IDENTIFY, THINK, ACT, REVIEW). See page 11 for visual clues for American Sign Language.*

**Anger is a natural feeling. We feel it everyday often right before a conflict. If we react without thinking, the situation can become worse. When you feel angry, you always have a choice. You can deal with your anger in a responsible way or in an irresponsible way. Choose responsible ways to deal with your anger — Be a Safety Kid!**

*Ask students to name things that they can do when they are angry. (Count to ten, take deep breaths, walk away, do a physical activity, talk to someone)*

**There are several ways to solve a conflict: take turns, share, cooperate, compromise, chance, avoid, humor – Be a Safety Kid!**

*Throughout the lessons refer to the poster as much as possible. The poster will serve as a reminder of the lessons as long as it is displayed in your classroom.*

**Remember: Kind and Caring is the way to be!**

**☆ A Kind and Caring Kid would not only know how to handle many different situations that are conflicts, but he or she would know how to avoid causing the conflict in the first place! *Discuss this thoroughly!***

**Watch your words and actions. They can possibly lead to results of violence, danger, and harm.**

**☆ *Discuss the relationship between their actions and their safety.***

**Be a Kind and Caring Kid!**



## Kind and Caring: Conflict Resolution American Sign Language



**S s**



**I i**



**D d**



**T t**



**A a**



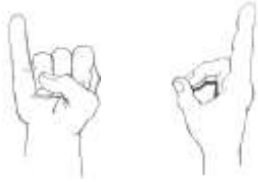
**R r**

### STOP



The little finger edge of the right hand is thrust abruptly into the upturned left palm, indicating a cutting short

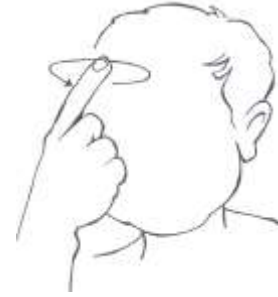
### IDENTIFY



**I i D d**

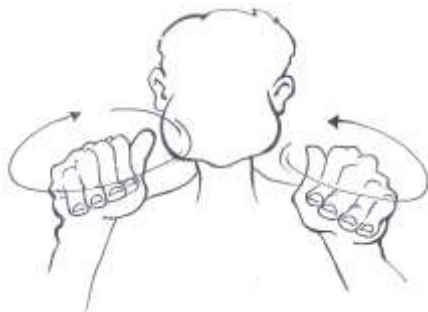
Make the letter "I", followed by the letter "D" to represent ID, or identify.

### THINK



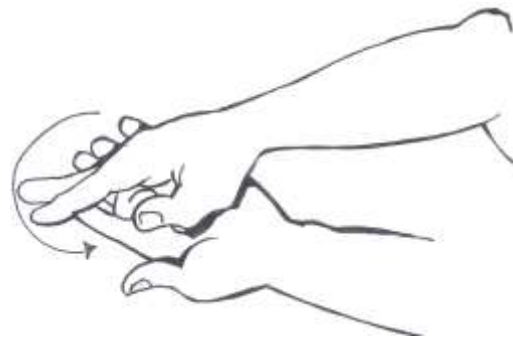
The index finger makes a small circle on the forehead.

### ACT



Both "A" hands, palms out, are held at shoulder height and rotate alternately toward the head.

### REVIEW



The right "R" hand, palm facing in, is placed with its little finger edge on the open left hand, whose palm faces right. The "R" hand arcs backward until it is over the left wrist.



## Reinforcement Activities Conflict Resolution

Choose one or more of these activities to use.



### **Friendship Collage or Conflict Collage**

Students create a poster or collage of one of these topics:

✓Friends

✓Conflict

Cut out headlines from newspapers and magazines that explain or illustrate the conflict or what the friends are doing. Use magazine or other pictures.

**Materials:** newspapers, magazines, glue, poster board, scissors



### **Stained Glass Signs of Peace**

Research and discuss signs or symbols of peace (dove, olive branch, peace symbol, white flag). Students make “stained glass” symbols out of pieces of colored tissue paper or cellophane and black construction paper. Cut two outlines from black paper and put the cellophane in between them. Use additional pieces of black paper to make sections in the glass. Display on the windows.

**Materials:** colored tissue paper or cellophane, black construction paper, glue



### **Silent Number Game** (to stress cooperation)

This game is done *without* talking. The teacher calls out a number and students must form groups that have that number of children in them. For example: teacher calls out “4” and children need to organize themselves in sets of 4 children in each group. If there are any children left over who cannot fit into a group they need to stand to one side. Discuss what happened. Call another number and try it again.

**Materials:** open space



### **No Anger Award**

Students design a certificate or award. Each day the class votes to give the award to a child who displayed calmness, peace, friendliness, and no anger.

**Materials:** a variety of art materials



### **Resolution Review**

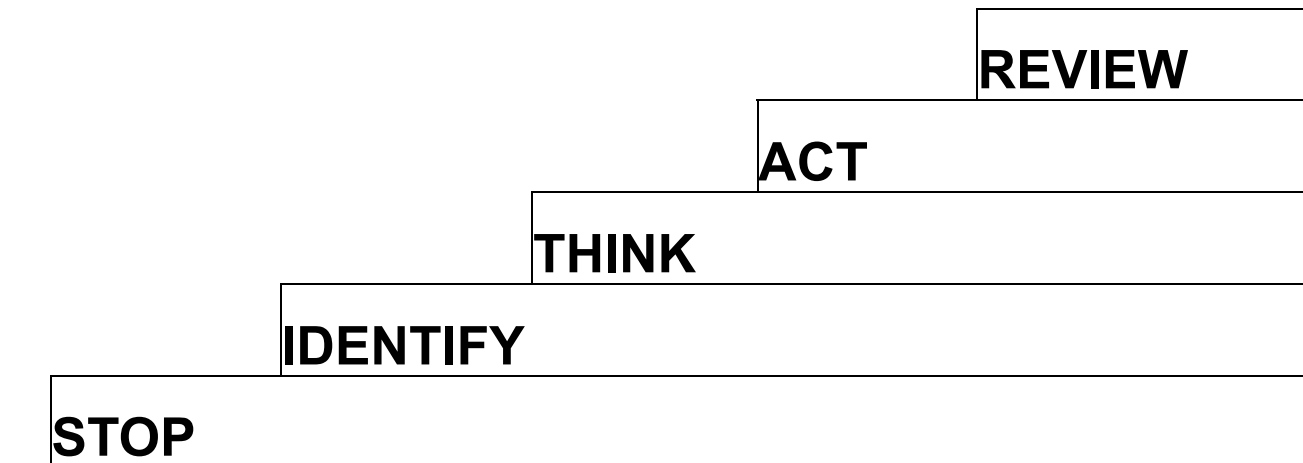
Students stand in a circle. One child states one of the ways to resolve conflict and then bounces the ball to another student. That student then names another way and bounces the ball to someone else. This continues until all the methods they have learned are named. Continue and start over again until everyone has had a chance to name a way. Some strategies are: share, take turns, cooperate, avoid the conflict, use “I” Messages, active listening or paraphrase.

**Materials:** large rubber ball, open space



**Kind and Caring: Conflict Resolution**  
**Activity Worksheet: # 1**

Match each of the 5 steps to conflict resolution with its definition.. Write the letter of the correct definition on the line in front of the word on the step.



**Definitions**

- A** Which idea is best? Try it!
- B** Did it work?
- C** What is the problem?
- D** How can we solve the problem?
- E** How can I get rid of my anger?



## Kind and Caring: Conflict Resolution

### Activity Worksheet: # 1 Answers

Match each of the 5 steps to conflict resolution with its definition.. Write the letter of the correct definition on the line in front of the word on the step.

				<b>B</b>	<b>REVIEW</b>
			<b>A</b>	<b>ACT</b>	
		<b>D</b>	<b>THINK</b>		
	<b>C</b>	<b>IDENTIFY</b>			
<b>E</b>	<b>STOP</b>				

#### Definitions

- A** Which idea is best? Try it!
- B** Did it work?
- C** What is the problem?
- D** How can we solve the problem?
- E** How can I get rid of my anger?



## Kind and Caring: Conflict Resolution

### Activity Worksheet # 2

Situation #1: Your portable CD player has been missing for a week. You looked everywhere, but you could not find it. One day, you happen to look under your sister's bed and there it is.

		<b>What would you do?</b>
<b>Stop</b>	How can I get rid of my anger?	
<b>Identify</b>	What is the problem?	
<b>Think</b>	How can we solve the problem?	
<b>Act</b>	Which idea is best? Try it!	
<b>Review</b>	Did it work?	

Situation #2: You ask Tom to come over and play. Tom said he had to do his homework. Later, you see Tom playing with another boy.

		<b>What would you do?</b>
<b>Stop</b>	How can I get rid of my anger?	
<b>Identify</b>	What is the problem?	
<b>Think</b>	How can we solve the problem?	
<b>Act</b>	Which idea is best? Try it!	
<b>Review</b>	Did it work?	



## Kind and Caring: Conflict Resolution

### Activity Worksheet: # 3

Decide whether the response is responsible or irresponsible and put an X in the box.

Reaction	Responsible	Irresponsible
Talk about it		
Scream and yell		
Go off by myself and feel sad		
Do something I like to do		
Count to ten		
Hit or punch something hard		
Stomp my feet		
Walk away		

1. A trigger is something that makes you really angry. What are your anger triggers?
2. A physical response is something that happens to your body when you are angry. What are some of your anger signals?
3. You must do something to deal with your anger. What is your usual reaction to anger?
4. Is your reaction to anger responsible or irresponsible?



## Kind and Caring: Conflict Resolution Activity Worksheet: # 4

Many conflicts can be resolved by using simple strategies. Learn them and use them!  
**Be a Safety Kid!**

**Share** – Each person gets part of what you are doing.

**Take turns**

**Compromise** – Both give up something and both get something

**Cooperate**—Work together

**Active Listening**– let the other person know that you are listening, that his or her feelings are important, and that you understand what he or she is saying.

**Paraphrase**– Repeat back a summary of what the person said.

**I Messages**– Say “I feel...when you...I would like...” to soften the verbal message

**Apologize** – “I’m sorry”.

**Peer Mediation**– An impartial peer may be able to help.

**Avoid** – Stay away from the conflict in the first place.

**Ignore**- Sometimes it’s not worth getting involved in. Let the other person “win”.

**Chance** – Luck decides who wins (i.e., flip a coin).

**Express and Explain**– Express your feeling and explain “why.” This may clear up misunderstandings and resolve the problem.

**Postpone** – Put off resolving the conflict until you are in more control.

**Humor** – A good laugh works sometimes. Laugh at the problem, not the person.

**Get Help** – Speak to someone you both trust if you are not able to solve the problem.

Write down a strategy to resolve the following conflicts.

	Conflict Situation	Strategy for Resolving Conflict
1.	When your brother or sister takes something without asking...	
2.	Someone sits in your favorite seat on the bus...	
3.	Your friend invites you over but your chores are not done...	
4.	Two people want to use the same football at recess...	
5.	Your best friend tells you he or she is too busy to play. You see him or her playing with someone else...	
6.	You strike out for the second time today. Someone tells you that you stink...	





## Kind and Caring: Conflict Resolution

### Activity Worksheet # 5

### Situation Cards

**You and a friend really want to play basketball. But when you get to the courts, other kids are already playing and tell you to get lost.**

**How can you resolve this conflict?**

**You go to the freezer to get some ice cream. Your little brother knows that there is only a little bit left, so he races ahead of you and grabs it first.**

**How can you resolve this conflict?  
What should you do?**

**You and a group of friends want to go to the movies, but you can not agree on what to see.**

**How can you resolve this conflict?**

**One of your classmates is telling other people things about you that are not true and you are hurt and mad about it.**

**How can you resolve this conflict?**

**One of your friends borrowed your bike without asking you and bent the handle bars. You are really mad.**

**How can you resolve this conflict?**

**Your sister took your CD and now she can't find it. She says you can have one of hers, but you don't like any of hers.**

**How can you resolve this conflict?**

**You are playing ball with a group of friends and some of them start disagreeing about the rules. You want to try to help, but tempers are starting to go wild.**

**How can you resolve this conflict?**

**A kid on the bus rips up your papers every day. You are afraid to tell the bus driver because he says he will beat you up.**

**How can you resolve this conflict?**



## Kind and Caring: Conflict Resolution Activity Worksheet: Word Search

Find the words from the word list and circle them. They may go across, down, diagonal, forward or backwards.



anger  
caring  
conflict  
cooperate  
friends  
I messages

kind  
mad  
play  
problem  
resolve  
share

situation  
solve  
take turns  
violence



## Kind and Caring: Conflict Resolution

### Activity Worksheet: Word Search Answers

Find the words from the word list and circle them. They may go across, down, diagonal, forward or backwards.



anger  
caring  
conflict  
cooperate  
friends  
I messages

kind  
mad  
play  
problem  
resolve  
share

situation  
solve  
take turns  
violence