

Grade Levels:	G3-G5
Objective	Students will begin their exploration of conflict management and resolution skills. Students will be able to identify conflict, feelings, and find some quick solutions.
Essential Questions	What is conflict? What is conflict management or resolution? How can students solve their own problems?
Key Vocabulary	<ul style="list-style-type: none"> <li>● CONFLICT: a disagreement with another person or people.</li> <li>● CONFLICT RESOLUTION: the process to fixing the conflict or problem.</li> <li>● ACTIVE LISTENING: Listening carefully to the speaker.</li> </ul>
Activities	<ol style="list-style-type: none"> <li>1. Review Vocabulary: (5 Minutes)       <ol style="list-style-type: none"> <li>a. (Slideshow)</li> </ol> </li> <li>2. Discussion: Conflict Resolution Skills 101       <ol style="list-style-type: none"> <li>a. Calm (5 minutes)           <ol style="list-style-type: none"> <li>i. What are ways to calm yourself in a difficult situation?               <ol style="list-style-type: none"> <li>1. Take deep breaths</li> <li>2. Walk away</li> <li>3. Ask for space</li> </ol> </li> </ol> </li> <li>b. Active Listening (10 Minutes)           <ol style="list-style-type: none"> <li>i. How do you actively listen?               <ol style="list-style-type: none"> <li>1. Eyes on the speaker</li> <li>2. Pay attention to the speaker and try to visualize the words they say.                   <ol style="list-style-type: none"> <li>a. Story-Telling Visualization: I will share 2 stories with students. I will ask them to recall specific information from the story. One story they will listen with their eyes closed. Then with their eyes open.</li> </ol> </li> </ol> </li> </ol> </li> <li>c. Identify feelings (5 minutes)           <ol style="list-style-type: none"> <li>i. How does the speaker feel? (I hear you say... statements)               <ol style="list-style-type: none"> <li>1. Why do they feel that way?</li> </ol> </li> <li>ii. How do you feel? ( I feel... statements)               <ol style="list-style-type: none"> <li>1. What causes you to feel this way?</li> </ol> </li> </ol> </li> <li>d. Solutions Think Tank (10-15 minutes)           <ol style="list-style-type: none"> <li>i. Role play: Students will be given a social problem to role play and try to think of solutions.               <ol style="list-style-type: none"> <li>1. Short term solution</li> </ol> </li> </ol> </li> </ol> </li> </ol>

	<p style="text-align: center;">2. Long term Solution</p> <p>3. Mindful Minute- (5 min)</p> <p>a. Let it go Activity:</p> <ul style="list-style-type: none"> <li>i. Each student will get a small sheet of bubble paper</li> <li>ii. Students will sit through a group meditation, and at the end will be asked to visualize something that has been done or said to them that hurt them. Each of these moments and words is in the bubble paper.</li> <li>iii. Students will be asked to pop the bubbles when they are ready to finally let go of the hurtful moment or words.</li> </ul> <p>4. Remind students about the RAK challenge.</p> <p>a. Winning grade level will be announced in December.</p>
<p>Enduring Understandings</p>	<p>How to use good social skills to solve conflict.  How to actively listen to others and respond appropriately.  How to find win-win solutions.</p>
<p>Reflections</p>	