



Whether facing a conflict at home, practice, school, or in the neighborhood, it is important for children to have a “toolbox” with many peaceful conflict resolution strategies.



“I Talk”



Listen



Ideas/Plan



Are both people mostly happy?



Let’s work it out!

At school, we will introduce strategies for *negotiating and compromising* so that both people end up feeling mostly happy with how things were worked out.

Possible strategies include:

Sharing-

“Let’s enjoy it together.”

One person divides, the other gets to choose.

Taking Turns-

“Let’s both have a turn.”

Talk numbers! When? For how long?

Talking It Out-

“Let’s talk about it so we can better understand each other’s feelings.”

Use I CARE listening and speaking: Remain calm, lean in, use eye contact, take turns talking, try not to interrupt, ask questions if you don’t understand. Monitor your own body language and pay attention to how the other person is feeling.

Chance-

“Do you want to let chance decide?”

Play rock-paper-scissors, roll a di, draw straws, flip a coin, pick out of a hat.

This is a good strategy if you can accept that there is no guarantee of things going exactly your way. Be a good sport!

Walk Away or Postpone-

“I’m too mad to handle it right now. I need a break. Let’s talk later.”

It’s not wise to approach someone if either person is too angry to peacefully handle the situation. Instead, take a break and use a cool-down strategy to regain control. Try to connect later.

Get Help-

“We tried to solve it on our own, but didn’t make the progress we wanted. Let’s check in with an adult.” Just like using a referee in sports, sometimes outside help is needed.

Go to a parent, teacher, counselor, coach, or other trusted adult if you need some extra support.



**Reach out to each other to find a peaceful solution!**