

To manage conflict, I can...

1. Explore conflict responses

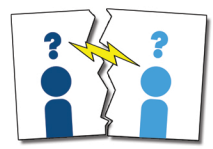


2. Pause and ponder 



3. Manage my anger

4. Uncover reasons for the disagreement



5. Voice my perspective 



6. Seek to understand perspectives

7. Listen and summarize 

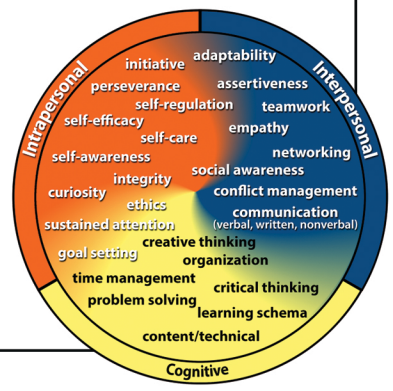


8. Plan my response

9. Find a solution 



10. Help others find solutions

































Assessing My Conflict Management Knowledge (Pretest)

For each statement, mark or color in the emoji for *Like Me*, *Not Sure*, or *Not Like Me*.

Conflict Management Questionnaire K-2

Student ID _____

Date _____

1. When I am mad at a friend, I think about what I want to say before I say it.	 LIKE ME	 NOT SURE	 NOT LIKE ME
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9. When I experience a disagreement, I know there are different ways I can respond.	 LIKE ME	 NOT SURE	 NOT LIKE ME
10. During a disagreement, I choose how I respond to others.	 LIKE ME	 NOT SURE	 NOT LIKE ME

Count your responses in each column:

- How many marks did you have in the category *Like Me*? _____
- How many marks did you have in the category *Not Sure*? _____
- How many marks did you have in the category *Not Like Me*? _____

Unit 1: Introducing Conflict Management

1. I can define conflict

Draw a picture of a time when you felt frustrated or upset with someone.

2. I can explain conflict management

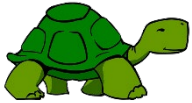
How would you explain conflict management?

Why is learning how to manage conflicts important?

3. I can *explore conflict responses*



I acted like a shark when ...



I acted like a turtle when ...



I acted like an owl when ...

Unit 2: Understanding How I Manage Conflict

5. I can explain *pause and ponder*


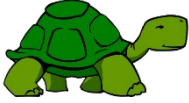

Pause and ponder means ...

Pause and ponder when ...

6. I can pause and ponder to explore conflict responses in myself

For each scenario your teacher reads, put an X in the column showing which conflict response you would use, whether shark, turtle, or owl.

Exploring Conflict Responses

	Shark 	Turtle 	Owl 
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

What is your usual response to conflict? Are you usually a shark, a turtle, or an owl? How do you know?

7. I can name a Conflict Management Strategy that is my strength

Explain each of the Conflict Management Strategies you have learned so far.



Explore conflict responses



Pause and ponder

Which Conflict Management Strategy is easier for you?

How could you help someone who found this strategy difficult? What would you say to them?

Draw a picture of yourself doing the strategy.

Unit 3: Understanding Anger

8. I can explain what happens to my body when I feel angry

What signals does the body send when you're angry?

Brain:

Eyes:

Ears:

Mouth:

Cheeks:

















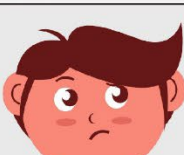



Inside:

Hands:

9. I can explain how to *manage my anger*

To *manage my anger*, I will ...

How Are You Feeling Today?

			
Happy	Excited	Surprised	Confused
			
Angry	Sad	Annoyed	Bored
			
Shy	Embarrassed	Tired	Scared
			
Curious	Worried	Silly	Disappointed
			
Jealous	In Love	Sorry	Calm

From Template.net

10. I can identify feelings underneath anger

Draw an iceberg. For each scenario you hear, think about what other feelings are possible.

Unit 4: Understanding Why the Conflict Happened

11. I can explain why *uncovering reasons for the disagreement* is important

In the scenario about Katie and Dawn, what did each person say and do that could have been confusing?

Is there another way to look at the disagreement?

Unit 5: Choosing My Actions During a Conflict

13. I can *plan my response*

For each scenario, decide *when* you respond by choosing red light, yellow light, or green light. Then decide *how* you will respond by acting like a shark, a turtle, or an owl. Predict the outcome of the situation based on your response.

Scenario	Is this a red light, yellow light, or green light moment?	Will you respond like a shark, a turtle, or an owl?	Predict the outcome based on your response.
1. You forgot to fill out your reading log at home, and the teacher asked you to stay in from recess to do your reading. You feel frustrated because you want to go to recess. Your fists are clenched, and there are tears in your eyes. You want to shout at the teacher.			
2. You told your friend it was your turn to play with the basketball, but he ran ahead of you and got it first. You feel disappointed but notice some of your other friends playing on the slide, which seems fun.			

Scenario	Is this a red light, yellow light, or green light moment?	Will you respond like a shark, a turtle, or an owl?	Predict the outcome based on your response.
<p>3. Your brother said you weren't as smart as he is because it took you a long time to learn to tie your shoes. You know your brother loves you, but you wish he wouldn't make fun of you.</p>			
<p>4. You love playing games on the iPad during free time, but all the iPads are taken. You know that the teacher will set the timer and you will probably get to use an iPad next.</p>			
<p>5. You told your friend that you were getting a new video game for your birthday. He yelled at you and said, "Quit bragging!" You don't understand why he is mad, but he really hurt your feelings.</p>			

15. I can practice *voicing my perspective*

Use the sentences “I feel _____ when _____” and “I think _____ because _____” to ***voice your perspective*** on:

1. Chocolate or vanilla ice cream
2. Reading books or drawing pictures
3. Watching TV or playing a game
4. Singing or dancing
5. Working at the math center or at the reading center
6. Cats or dogs
7. Hamburgers or hot dogs
8. Playing in the snow or swimming
9. Cake or cookies
10. Basketball or soccer

Unit 6: Understanding Others During a Conflict

17. I can explain why *seeking to understand perspectives* is important

Seeking to understand perspectives means ...

When I ***seek to understand perspectives***, I ...

18. I can practice *seeking to understand perspectives*

Your mom raises her voice and says, "No!" when you ask for money to buy candy.	What could be the reasons your mom says no to candy?	What emotions might she be feeling?
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Your friend is calling you names.	What could be the reasons your friend is calling you names?	What emotions might he be feeling?
Your sister won't talk to you.	What could be the reasons your sister isn't talking to you?	What emotions might she be feeling?
Your friend won't play with you during recess.	What could be the reasons your friend won't play with you?	What emotions might she be feeling?
Your dad won't let you leave the table until you have taken a few bites of vegetables.	What could be the reasons your dad is making you eat your vegetables?	What emotions might he be feeling?
Your teacher says you can't go out to recess unless you wear your coat.	What could be the reasons your teacher is making you wear a coat?	What emotions might she be feeling?

19. I can *listen and summarize*

Listen to what Mr. Wolf, Little Red, and Mr. Giant say. Then summarize in your own words what they have said.

Mr. Wolf said ...

Little Red said ...

Mr. Giant said ...

Unit 7: Finding Solutions



Find a Solution in 7 steps



Step 1: Red

Partner A voices their perspective by explaining how they feel and what they want.



Step 2: Orange

Partner B summarizes what Partner A has just said.



Step 3: Yellow

Partner B voices their perspective by explaining how they feel and what they want.



Step 4: Green

Partner A summarizes what Partner B has just said.



Step 5: Blue

Partner A shares a few ideas for resolving the conflict.



Step 6: Indigo

Partner B shares a few ideas for resolving the conflict.



Step 7: Violet

Together, both partners decide what to do next and how to resolve the conflict.

20. I can explain *finding a solution*

Draw a rainbow that has the seven colors in it so that each step of *finding a solution* is represented.

21. I can practice *finding a solution*

Think about how your character, Jamie or Taylor, will *voice their perspective*.

My character's perspective:

- I feel ...

when ...

- I think ...

because ...

22. I can explain how to *help others find solutions*

Think about how your character(s), the three little pigs or the wolf, will **voice their perspective**.

My character's perspective:

- I feel ...

when ...

- I think ...

because ...

23. I can practice *helping others find solutions*

Practice **helping others find solutions** with two of your classmates. Two students will act out a disagreement, and the third will **help them find a solution**.

If you are in the disagreement, **voice your perspective** by using "I feel _____ when _____" and "I think _____ because _____."

If you are **helping the others find a solution**, remember to help them use each color of the rainbow.

Unit 8: Conflict Management—Putting It All Together

24. I can explain how to use the Conflict Management Strategies

For each scenario that you hear, think about the different responses, predict what could happen if you used each response, and name the Conflict Management Strategies you could use to resolve the conflict.

- What are some reasons for the conflict?
- What could happen if you acted like a shark?
- What could happen if you acted like a turtle?
- What could happen if you acted like an owl?
- Explain how you would use the Conflict Management Strategies to resolve the conflict.

25. I can practice identifying the Conflict Management Strategies

Cut out each icon and choose nine to place or glue in the spaces on the bingo card. Listen as your teacher reads clues that describe each strategy.

Conflict Management Strategies Bingo Card



EXPLORE
CONFLICT RESPONSES



PAUSE AND PONDER



MANAGE MY ANGER



UNCOVER REASONS FOR
THE DISAGREEMENT



VOICE MY
PERSPECTIVE



SEEK TO UNDERSTAND
PERSPECTIVES



LISTEN AND SUMMERIZE



PLAN MY RESPONSE



FIND A SOLUTION



HELP OTHERS
FIND SOLUTIONS

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





Assessing My Conflict Management Knowledge (Posttest)

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Complete the chart below by drawing or writing about the strategies that are your strengths and areas for growth.

Strengths in conflict management	Areas for growth in conflict management