

COUNSELOR'S CORNER

Hatboro-Horsham School District – Elementary Division

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Solving Conflicts

Conflicts can happen at school, at work, and at home...

Sometimes we get angry.

Maybe someone is being mean, or something feels unfair.

What can we do? How can we help our kids when they're experiencing conflict?

We can teach them to:

Think about the problem.

Say what you feel.

Listen to the other person.

Brainstorm solutions.

Decide what each one will do.

Stick to what you have decided.

Talk again if the solution is not working.

--The Women's and Children's Health Network

CONFLICT RESOLUTION TIPS for kids!

WHOLEhearted TEACHER CONNECTIONS

Get Calm First
Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.

Ignore or Walk Away
This works good when dealing with something that is annoying you.

Find a Win-Win Solution
Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.

Share or Take Turns
Everyone wins!

Use an I-Message
Say how you feel, what you hope for and how you want to be treated. For example, "I felt ___when___" or "I would like ___"or "I want ___"

Play a Game of Chance
Like Rock-Paper-Scissors or Flip a Coin.

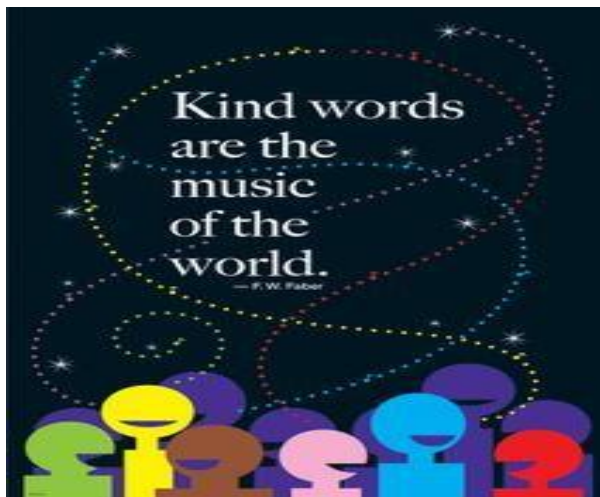
Listen with an Open Heart
Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.

Do Something Else
Like play another game.

Say Words that Mean "No"
Use a strong and respectful voice to say what you are not okay with.

Ask for Help
Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.

Apologize
Saying you are sorry when you make a mistake helps to make repairs.



FRIENDSHIP AND PROBLEM SOLVING

Read alouds

whimsy WORKSHOP TEACHING