



## Teaching Progression:



### Step 4: Look Back & Learn

#### REFLECTION QUESTION(S):

- Was I calm when I tried to resolve the conflict?
- Did I use I-Statements?
- Did I get everything I needed and/or wanted? Why or why not?
- What might happen next after this conflict?
- Would I make the compromise again? Why or why not?
- What do I want to remember next time I am in a similar conflict?

#### VALUABLE VOCABULARY:

*compromise,  
reflection*

#### GUIDING QUESTIONS:

How do I feel after a conflict? What worked and didn't work when resolving a conflict?

#### NHES PERFORMANCE INDICATORS:

(4.5.1) Demonstrate effective verbal and nonverbal communication skills to enhance health. (4.5.3) Demonstrate nonviolent strategies to manage or resolve conflict.



#### SUGGESTED LEARNING ACTIVITY:

Ask students questions that will help them understand the importance of looking back on the information they found and what they learned. For example ask the following questions:

- Was I calm when I tried to resolve the conflict?
- Did I use I-Statements?
- Did I get everything I needed and/or wanted? Why or why not?
- What might happen next after this conflict?
- Would I make the compromise again? Why or why not?
- What do I want to remember next time I am in a similar conflict?

#### TEACHING NOTES:

- Model this reflection process by sharing with students a time when you were in conflict with someone and how you worked to resolve this conflict.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writing, partner discussion, whole-class discussion, and one-on-one conferencing.