



Teaching Progression:



Step 4: Reflect

REFLECTION QUESTION(S):

- How did I respond to this conflict?
- What was my contribution to this conflict?
- Did I communicate my feelings and needs? Why or why not?
- Did I listen to other perspectives effectively? Why or why not?
- Was this conflict resolved? Why or why not?
- What went well during the conflict resolution?
- What could have gone better?
- How can I personally do better the next time I face conflict?

GUIDING QUESTIONS:

Why is it important to reflect once a conflict has been resolved? What do I do if I don't think a conflict is resolved? What could I do differently or the same next time I am in a conflict?

NHES PERFORMANCE INDICATORS:

(4.12.3) Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

VALUABLE VOCABULARY:

reflect,
conflict resolution,
needs, feelings,
compromise



SUGGESTED LEARNING ACTIVITY 1:

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

- How did I respond to this conflict?
- What was my contribution to this conflict?
- Did I communicate my feelings and needs? Why or why not?
- Did I listen to other perspectives effectively? Why or why not?
- Was this conflict resolved? Why or why not?
- What went well during the conflict resolution?
- What could have gone better?
- How can I personally do better the next time I face conflict?

TEACHING NOTES:

- Model this reflection process by sharing with students a time when you experienced conflict and how resolving the conflict enhanced your health.
- 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.