



# Conflict Resolution Grades 3-5

## Language of Health Literacy:

Conflict can be good when \_\_\_\_.

Conflict can be bad when \_\_\_\_.

I need to stay calm in conflict because \_\_\_\_.

I will \_\_\_\_ to stay calm when I feel \_\_\_\_.

\_\_\_\_ and \_\_\_\_ are struggling with \_\_\_\_.

\_\_\_\_ wants \_\_\_\_, and \_\_\_\_ wants \_\_\_\_.

This conflict is \_\_\_\_\_. I need help.

I don't feel \_\_\_\_\_. I need help.

### Step 1

I feel \_\_\_\_, and \_\_\_\_ feels \_\_\_\_.

I see \_\_\_\_ (this way), and \_\_\_\_ see(s) \_\_\_\_ (this way).

\_\_\_\_ feels \_\_\_\_ because \_\_\_\_\_. If I were in the same situation, I would feel \_\_\_\_ because \_\_\_\_.

I feel \_\_\_\_ when \_\_\_\_ because \_\_\_\_.

I should use an assertive voice when stating how I feel because \_\_\_\_.

### Step 2

I (want/need) \_\_\_\_.

I think we should \_\_\_\_\_. What do you think we should do?

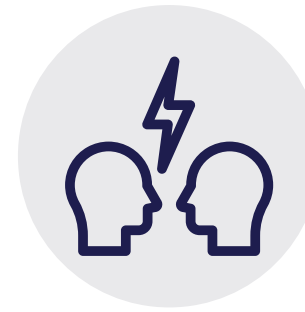
I really want \_\_\_\_, and I would be ok if I didn't get \_\_\_\_.

I don't agree with \_\_\_\_, but I did like your idea to \_\_\_\_.

\_\_\_\_ is really important to you, and \_\_\_\_ is really important to me.

We both agree to \_\_\_\_.

### Step 3



## Step 1: Stay Calm & Identify the Problem

### Sub Skills:

- Define conflict
- Identify feelings
- Remain calm
- Identify problem
- Ask for help



## Step 2: Talk About the Conflict

### Sub Skills:

- Define perspective
- Use I-Statements
- Use an assertive, not aggressive, voice



## Step 3: Compromise

### Sub Skills:

- Define compromise
- Negotiate needs and wants
  - State needs and wants
  - Decide on needs and wants
  - Make an agreement



## Step 4: Look Back & Learn

### Reflection 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?