



Conflict Resolution

Grades PreK-2

Language of Health Literacy:

I feel ____.
____ (happened).
I want ____.
I need to ____ to calm down.
I need to ____ to stay calm.

Step 1

I feel ____ (feeling) when ____ (action of another person)
because ____ (explanation of feeling).
You feel ____ when ____ because ____.

Step 2

____ is fair.
____ is not fair.
I need help to ____.
We need help to ____.
We feel ____, and we need _____. Can you please help?

Step 3



Step 1: Stop & Think

Sub Skills:

- Understand the conflict
- Use calming strategies



Step 2: Say Feelings

Sub Skills:

- Use I-Statements
- Listen to the other person



Step 3: Agree or Get Help

Sub Skills:

- Agree on what is fair
- Get help, if needed