

# ELEMENTARY: SOLVING PROBLEMS PEACEFULLY

## LESSON SCRIPT

Teacher Note: Conflict is a fact of life. Try as we might to avoid it, disagreements and problems will inevitably arise. A critical component of teaching conflict resolution is the normalization of conflict – learning to approach conflict as a healthy opportunity for growth and actively developing the necessary skillset rather than punishing students for engaging in conflict or seeking to avoid or escape conflict.



### INTRODUCTION: CONFLICT

Do we always get along? No. That's ok. When we don't get along with our friends, it's called having a conflict. Conflict is a normal part of life! But it can be uncomfortable to have a conflict, so there are skills we can learn to make it a little easier and to solve our problems peacefully. Thumbs up if you have ever seen students try to solve a problem, but it wasn't very peaceful.



### ACTIVITY: THE CHECK-IN

Today we are going to learn how to have check-ins with each other when we are having a conflict with someone. A check-in is an easy way to solve most of our conflicts peacefully.

Has anyone used an I-Statement recently? Well, we are going to use I-Statements to help us solve problems peacefully, but we're going to add on to it a little. Whenever you need to solve a problem with someone, we are going to call it having a 'Check-In.' That just means that you and the other student are going to check-in with each other to solve your problem or conflict. There are only 2 steps to a check-in! Pretty simple!

The two steps are:

1. Give an I-Statement.
2. Say what you would like.

Now it's time for us to practice having a check-in! We are going to peacefully solve some pretend problems. Listen to this example:

"Student #2: I need to have a check-in."

"Student #1: Okay."

"Student #2: I felt hurt when you pushed me out of line. Please don't do that again and I'd like to have my spot back."

"Student #1: Okay. Friends?"

"Student #2: Friends!"

On your own with a friend in class or at home, practice the check-in.



### CLOSING REFLECTION

Solving problems peacefully is something that we will get to practice almost every day, because conflict is a normal part of life. Having a check-in is something that you can do on your own or with the help of a teacher. One important thing to remember is to make sure that you are calm before you ask for a check-in. Will you be able to solve a problem peacefully if you are still super angry or upset? No!

On your own, either draw a picture of yourself doing a check-in with a friend or make a poster with the steps for a check-in.