

## Guidance – Coping with Conflict Program

I will be providing classroom guidance lessons every two weeks. For the 1<sup>st</sup> through 3<sup>rd</sup> grade students, I will be following a program called Coping with Conflict: An “Elementary” Approach. The program focuses on teaching students what a conflict is and on four guidelines for managing conflict in a peaceful way.

The program focuses on the following skills:

1. Facts First. Emphasis is placed on understanding the conflict or problem before jumping to conclusions.
2. Madness Management. Students are taught ways to manage any anger that may result from the conflict situation before trying to handle it. They are cautioned about “fouls.” Fouls in conflict situations include those things that are done either intentionally or unintentionally to hurt the other person(s) involved in the conflict. Some examples include name-calling, teasing, hitting, pushing, blaming, making excuses, and bullying. Emphasis is placed upon the fact that fouls tend to make conflict situations even worse.
3. Caring Communication. Students are taught communication skills that facilitate working out a conflict. These skills include listening and sending an “I” message to the other person(s). “I” messages communicate to the other person how what they are doing is making you feel. “I” messages take the place of “you” messages which tend to blame the other person and put them on the defensive.
4. Timely Tools. These are strategies that students can use to help solve a conflict. Examples include talking it out, compromising, taking turns, sharing, avoiding, and getting help.

Look for more information in upcoming newsletters.

Mrs. Mayle  
School counselor