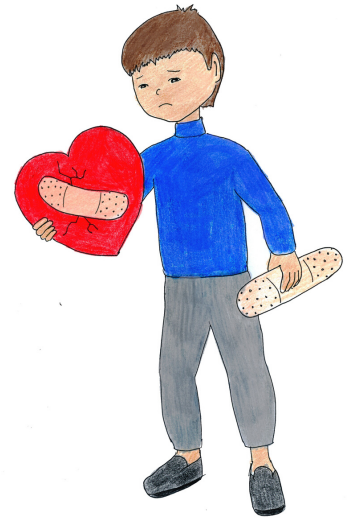


LESSON 9 - HOW TO FIX A WRINKLED HEART

Social and Emotional Competency: Social-Awareness

Learning Intent:

- Identify helpful and unhelpful ways to resolve conflict
- Learn how to make positive and responsible decisions
- Learn how to use 'I messages' and practise reflective listening



Lesson Nine

Disagreements between friends are bound to happen. Teaching children conflict resolutions skills can have a positive impact on their relationships, self-esteem and learning. Children who have effective conflict resolution skills are happier, have better friendships and are better learners at school. Playground disagreements can distract students from their learning and have a negative effect on academic outcomes. But most importantly, conflicts can negatively affect self-esteem and mental health and wellbeing.

Lesson 9 prepares students for negotiating and resolving conflict. Conflict resolution skills are not innate, they need to be learned and practised. Children require a combination of well-developed social and emotional skills to manage conflicts and disagreements, such as managing emotions (particularly anger), communicating effectively, empathising and listening even when you disagree.

There are many friendly solutions to help friendships during conflict. Lesson 9 will look at helpful ways and unhelpful ways to tackle disagreements. Unhelpful ways to tackle a conflict involve a lose-lose or a win-lose outcome. When conflicts are thought of as a competition where one person wins and the other loses, the disagreement may only be resolved short-term. Often a win-lose outcome will create a new set of problems, such as feelings of resentment or fear in the child who loses and may encourage the child who wins to use intimidation to get what they want. Unhelpful ways to resolve conflict include force, avoidance and accommodation (giving in). Helpful ways to resolve conflict involve win-win outcomes where both parties work together to find a solution where everyone wins. Helpful ways to resolve conflict involve compromise and collaboration.

Lesson 9 will begin by revising the skills from previous lessons, including managing anger, communicating effectively, empathising and listening. Students will then be introduced to 5 different ways to manage conflict using different animals to explain the different conflict styles. Students will practise resolving conflicts following Owl's three steps to resolve conflict using 'I messages' and reflective listening.

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Home Activities to Encourage Discussion about the Concepts in Lesson 9

1. Practise communication skills. Effective communication is the key to resolving conflict successfully. Practise what to say to initiate conflict resolution.

2. Assertive 'I' messages. Encourage your child to speak clearly and respectfully, using 'I' messages, rather than 'you'. For example, 'I want you to ask me before taking my things' rather than 'You always take my things'. Starting a statement with 'you' shows no ownership of emotions but rather blames and accuses and often makes the other person defensive.

3. Handling Emotions. Encourage your child to use one of their high five strategies to calm their angry feelings before trying to resolve a conflict. Children should approach conflict positively, and when emotions are running high, we tend to react aggressively or withdraw from the situation