

Peace Builders



What is Conflict Resolution?

It means working out a problem with someone in a kind and fair way.

Conflict Resolution
2nd-3rd grade

What Is Conflict?

Conflict means having a disagreement or problem with someone else. Everyone has conflicts sometimes.

In your own words, what is a conflict?

✓ Check the feelings you might have during a conflict:

☐ Angry

☐ Sad

☐ Frustrated

☐ Confused

☐ Scared

☐ Embarrassed

☐ Upset

☐ Hurt

☐ Annoyed

☐ Worried

☐ Disappointed

☐ Nervous

Write about a recent small conflict and how you felt:

Conflict Choices

 Draw a line to match each response with either "Peaceful" or "Harmful":

- Talking about the problem
- Hitting or pushing
- Calling names
- Taking turns
- Yelling
- Using "I feel" statements
- Ignoring the other person

Peaceful

Harmful

☐ Circle your most common responses when you have a conflict:

- Talk it out | Walk away | Ask for help | Yell Give in | Argue
- Compromise | Ignore it Apologize | Blame others | Problem-solve | Get upset

One response I want to use more often is:

One response I want to use less often is:

Stop, Think, Act

1
23 Number these steps in the right order (1-4):

Think of possible solutions	
Identify the problem	
Try your solution	
Choose a solution that works for everyone	

✓ When we're upset, we need to calm down before solving problems.
Check the cooling down strategies you'd like to try:

☐ Take 5 deep breaths

☐ Count to 10 slowly

☐ Walk away for a few minutes

☐ Talk to a trusted adult

☐ Draw your feelings

☐ Use positive self-talk


☐ Squeeze a stress ball

☐ Get a drink of water

☐ Scared

My favorite cool-down strategy is: _____

Communication Tools

 "I" statements help us express our feelings without blaming others. Fill in these "I" statements:


When you _____, I feel _____

Because _____

When you _____, I feel _____

Because _____

Finding Solutions

 For each conflict, write a possible win-win solution:

What Is a Win-Win Situation?

A win-win is when everyone gets something good and feels happy. Like if you and a friend both want the same toy, and you decide to take turns—now you both get to play and have fun!

You and your friend both want to play different games at recess:

You and your sibling/friend both want the last cookie:

You and your classmate disagree about how to complete a project:

Getting Help

✓ Sometimes we need help with conflicts. Check when you should ask an adult for help:

- ☐ When someone might get hurt
- ☐ When you've tried to solve it yourself but couldn't
- ☐ When someone is breaking an important rule
- ☐ When you feel unsafe
- ☐ When the problem is too big to handle alone
- ☐ When you need ideas for solutions


Who are three people you could ask for help with a conflict?

1.

2.

3.

My Peace Builder Plan

 Complete these sentences:

One conflict resolution skill I'm good at is:

One conflict resolution skill I want to improve is:

I will practice this skill by:
