

LESSON 4

Resolving Conflicts Peacefully Unit Grade 6 • Ages 11-13

TIME FRAME

Preparation: 10 minutes
Instruction: 30-60 minutes

MATERIALS

Conflict Scenario Role Plays, one copy
for every 2 students

[Kindness Concept Posters:](#)

Assertiveness, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-
Literacy.W.6.3, 3a, 3b, 3d; CCSS.
ELA-Literacy.SL.6.1; CCSS.ELA-
Literacy.L.6.2

Colorado: Comprehensive Health S.3,
GLE.1, EO.c,d,g; Reading, Writing and
Communicating S.1, GLE.1, EO.d; S.3,
GLE.1, EO.a-f)

SEL: Self-awareness, Social awareness,
Self-management, Relationship skills,
Responsible decision making

[Learning standards key](#)

Diffuse the Situation

Students will identify and role play conflict resolution strategies, and be able to differentiate between positive and negative strategies.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPECT Treating people, places, and things with kindness.

ASSERTIVENESS Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

SELF-DISCIPLINE Controlling one's words and actions for the benefit of self and others.

INTEGRITY Acting in a way you know to be right and kind in all situations.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Referencing the Problem-Solving Strategies (either hand out a sheet or post on the board) so that they can think through how to disagree in a civil manner.

Resources

Conflict Negotiation Skills for Youth: http://www.creducation.org/resources/Conflict_Negotiation_Skills_Youth_UNESCAP.pdf

Conflict Resolution for Tweens and Teens http://www.huffingtonpost.com/dr-gail-gross/conflict-resolution-for-tweens-and-teens_b_8286108.html

Emotion Management: Second Step Middle School Program: <https://www.youtube.com/watch?v=AMtooRvyRUk>

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



Share (3 mins)

Ask students to think about one time they and a friend had a conflict. Now that the conflict is over, do they remember what they were fighting about? What were they thinking at the time? Are they still friends with this person? – Why or why not? What would be considered a BIG thing to fight about? What would be considered a small thing to fight about?

Inspire

Dealing With Someone Else's Anger (5 mins)

What can you do when someone is getting angry at you? Brainstorm ideas on the board, if not mentioned add these to your list:

- Don't take it personally. Understand that other people's anger is not your anger. It's not usually about you, you are just the one who is in the wrong place at the wrong time.
- Remain Calm.
- Don't meet anger with anger.
- Show respect for what the person is saying – repeat their words or emotions back to them; For example: Whoa, I can see you are really mad!
- Focus on your breath.
- Say, calmly, "I need to walk away now".
- Name your feelings to yourself – say, I'm getting really angry right now too, I need to walk away.
- Come back with humor.
- Ask them to stop.
- Keep your voice calm and quiet.
- Move to a place where someone else can help you or see what's going on.

Note: Please inform students that if it is the same person getting angry over and over, that could be bullying or abuse—get help from a trusted adult.



Empower

Conflict Scenario Role Plays (15-30 mins)

Break students into groups of 2 or 3. Hand out Conflict Scenario Role Plays sheet. Allow students to choose the scenario they would like to do or make up their own. It will be beneficial to see multiple ways of dealing with the same conflict.

Creative Writing Extension Activity

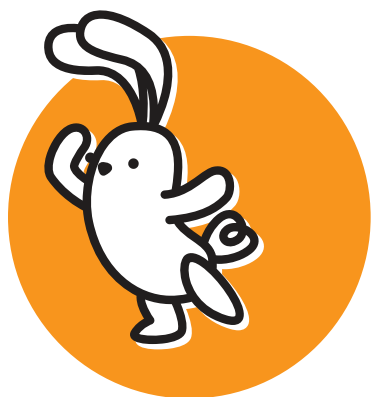
To extend this activity, have students choose one of the situations from the scenarios (or come up with their own) and write a short story or a poem about the conflict. Use your school's 6th grade writing rubric for the project, and include effective writing techniques, relevant descriptive details, and well-structured event sequences. Also encourage students to show positive and negative conflict resolution techniques in their story.

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.



The RAK paradigm is the framework for teaching and building kindness skills.



Evaluation Questions

- What do you think were some of the effective ways to resolve conflicts that we heard in the situations? In what ways could you practice these skills this week?
- How can you tell the difference between a good strategy and a bad strategy for resolving conflicts?

Reflection Questions

- Which strategies for resolving conflicts have worked best for you? What new strategies would you like to try?
- Would you use different strategies for your parents than you would with your friends? Why or why not?
- How would you resolve a conflict with a bully?

Summary

We all experience conflicts at some time or another in our lives. Now is the time to learn and practice strategies that work best for us. There are many different strategies to choose from, but it is important to make sure that the strategies are helpful and not hurtful. Choosing the wrong strategy can not only escalate the conflict but can break up friendships that may be really important to us.



Act (2 mins)

Kindness Minute

Turn to the person sitting beside you and comment on 2 things you really liked about what they did today.

Kindness in Action

On your way home from school today, observe people's conversations from a distance and watch their body language and facial expressions. Are they showing positive communication or negative communication? How can you tell the difference between positive communication and negative communication?



Conflict Scenario Role-Plays

Scenario #1:

When you get to school your teacher is angry because someone put gum on the bottom of the desk. The teacher is yelling about how no one respects this school.

Scenario #2:

Ever since you started 6th grade, your best friend has been hanging out with another group of friends. You decide to talk to her about the problem and she yells at you saying you're too sensitive and she has the right to hang out with whomever she wants.

Scenario #3:

Your mother gets angry and grounds you for breaking a lamp when your brother was the one who did it.

Scenario #4:

You borrow a skateboard from a friend. You let another friend borrow it, and he breaks the skateboard. When you tell the friend he gets really angry at you.

Scenario #5:

Your teacher wrongly accuses you and a friend of cheating on a test.

Scenario #6:

Your parents won't let you stay out as late as you want. You do anyway and when you get home, your parents are very angry.

Scenario #7:

You are playing soccer and someone fouls you but the referee calls the foul on you. The player tries to trip you every chance that he gets in the game.

