

CONFLICT SUPERHEROES

→ FIGHTING FAIR

→ I MESSAGES

→ MAKING GOOD DECISIONS



 Conflict Resolution strategies.

HEART and MIND Teaching



CONFLICT

Superheroes

Session Objective:

*Students will identify ways to resolve conflicts.

Materials:

*Pencils
*Handouts

Guiding Questions:

*Why is it important to fight fair?
*Why is resolving conflicts important to maintain friendships?

Session Details

*Pass out all handouts that have space for the students to write in answers on. Say "Conflict has always existed because not all people see a problem in the same way. Even between family members and the closest of friends, there will be conflict. It's a natural part of any relationship to have a disagreement. In order to maintain that relationship we have to know how to resolve conflicts peacefully. Let's read this story and see if you can find the cause of the Superheroes misunderstanding." Read the story and go through the discussion questions. Say "We need to practice resolving conflicts, read the conflicts on the handout and think about what you would normally do and then think about how a superhero conflict mediator would handle it." Have the students complete the "What would a super hero do" handout. Say "Now let's think of a recent conflict we each had in our lives and complete the handout about making good decisions to guide us to resolve the conflict". Review the fighting fair handout. Say "There are rules to fighting fair which helps resolve conflicts, first determine the problem, second focus on the problem, third go after the problem, not the person, fourth listen with an open mind, fifth treat the other person with respect, and lastly be accountable for your actions. Now we are going to practice fair/unfair conflict resolutions." Have students complete the fighting fair/unfair handout. Say "These are a few tips to ensure you are fighting fair...(review the handout about what fighting fair is NOT.) We will now practice spotting unfair fighting in these 4 conflict scenarios." Next, review the ways to resolve conflict page. Say "Lastly, let's practice using I messages. I messages are the best way to speak when in a conflict instead of using YOU messages. It helps the other person be less defensive."

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
*Behavior: Social Skills: Demonstrate social maturity and behaviors appropriate to the situation and environment (B-SS 9)

SEL Competencies:

*Social Awareness- Respect for others.
*Relationship skills- Communication
*Responsible decision making- Analyzing situations, solving problems.

What would a Super Hero do?

Conflict Situation	What I usually do	What a Superhero would do
When someone talks behind my back		
When someone tells me to do something I do not want to do		
When someone makes fun of me		
When someone steals my stuff		
When someone pushes or hits me		
When someone blames me for something I did not do		
When someone calls my mother a name		

The Superheroes and The Elephant

Conflict has always existed because not all people see a problem in the same way. Read this story and see if you can find the cause of the Superheroes misunderstanding.

Once upon a time, there were three superheroes who lived in a small town. The three superheroes were blind. One day, an elephant came to town. The three superheroes wanted to see the elephant, but how could they? "I know," said the first superhero. "We will feel it!" "Good idea," said the others. "Then we'll know what it is like." So the three men went to visit the elephant.

The first superhero touched the elephant's large, flat ear as it moved back and forth. "An elephant is like a fan," he said.

The second superhero touched the elephant's legs. "No, he is just like a tree," he replied.

The third superhero touched the elephant's tail and said "No you are both wrong, an elephant is more like a rope."

The superheroes argued back and forth over what they were touching and never truly found out what an elephant was like.

Discussion Questions: What was the problem the superheroes were having? What could they have done to find out how the elephant really looked like?

Making Good Decisions

What is the problem?

What decision has to be made?

What are the choices?

What are the consequences?

Put in order the choices available.

What is your decision?

1

Determine
the
problem.

2

Focus on
the
problem.

3

Go after
the
problem,
not the
person.

4

Listen with
an open
mind.

5

Treat the
other
person with
respect.

6

Be accountable
for your
actions.

THE RULES
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**Fighting
Fair**



The Rules for Fighting Fair



Try to ask yourself "What is the other person's side of the story?"

Lets Practice! Solve the conflicts, first unfairly, then fairly.

Conflict	Unfairly	Fairly
Someone calls your friend a mean name.		
Your mom wants you to do chores, you want to play games.		
Two students want to use the same computer.		

Fighting Fair is NOT

Ignoring
(Not
listening)

Making
Threats

Being
bossy

Getting
revenge

Name
Calling

Pushing
or
hitting

Talking
about the
past

Blaming
others

Making
Excuses

Conflict #1



Everyone likes to be treated with respect but when we are angry we sometimes forget to fight fair.

Lets Practice! See if you can spot the mistakes made in this conflict.

David and Alex are playing basketball. David keeps making mistakes and missing the ball.

Alex: What is the problem, why can't you catch the ball?

David: Shut up, like you are so great...you can't even make a basket.

Alex: (pushes David) Don't tell me to shut up.

David: Don't touch me, I'm telling the teacher.

Alex: You tell on me and I will never be your friend again.



Put a checkmark on the mistakes made in this conflict:

Making Threats

Name Calling

Making Excuses

Being bossy

Talking about the past

Getting revenge

Not listening

Pushing or hitting

Blaming others

Conflict #2



Everyone likes to be treated with respect but when we are angry we sometimes forget to fight fair.

Lets Practice! See if you can spot the mistakes made in this conflict.

Danielle and Maria are working together on a school project that is due soon.

Danielle: This is all your fault, you did not spend enough time on our project.

Maria: It makes me upset that you are blaming me when its both our responsibilities.

Danielle: How could I when you have most of the materials to do it? You keep everything and don't share with me.

Maria: Blaming me is not going to get the project done, lets figure out a plan to get it done together.

Danielle: Okay, I can come over today after school.



Put a checkmark on the mistakes made in this conflict:

Making Threats

Name Calling

Making Excuses

Being bossy

Talking about the past

Getting revenge

Not listening

Pushing or hitting

Blaming others

Conflict #3



Everyone likes to be treated with respect but when we are angry we sometimes forget to fight fair.

Lets Practice! See if you can spot the mistakes made in this conflict.

Diego and Jonathan both want to be line leader.

Diego: It's my turn to be line leader!

Jonathan: It was your turn last week, now it's my turn!

Diego: If you don't let me be the line leader, I will not let you play with us at recess.

Jonathan: You are such a mean person!

Diego: (covers ears) I'm not listening to you anymore!



Put a checkmark on the mistakes made in this conflict:

Making Threats

Name Calling

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Not listening

Pushing or hitting

Blaming others

Conflict #4



Everyone likes to be treated with respect but when we are angry we sometimes forget to fight fair.

Lets Practice! See if you can spot the mistakes made in this conflict.

Rachel and Caleb both want to use the class computer.

Rachel: I need to use the computer to finish up something I was working on.

Caleb: Well, you have been on it for a long time.

Rachel: I still need it though so you will just have to wait for me to finish.

Caleb: You are not being fair (pushes chair).



Put a checkmark on the mistakes made in this conflict:

Making Threats

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Ways to Resolve Conflicts

Compromise

Both people have to give up something and both get something.

Postpone

Delay discussing the conflict until both people are calm.

Apologize

Saying "I'm sorry" does not admit fault, it tells the other person that you are sorry for the conflict.

Share

What is more important, things or a person's feelings?

Humor

Laugh or joke about the problem, not the person. Humor is a good way to let someone know how you feel.

Take Turns

Share the time and take turns, it can prevent a conflict.

Get Help

Ask others to help make a fair decision. Such as teachers, school counselors, parents, and friends.

Avoid

Not every conflict is worth having, sometimes you have to let it go or let the other person "win".

Remember:

- *Neither one of you is 100% right or 100% wrong.
- *You both have to work together to solve the problem.
- *It is difficult to communicate when you are angry or sad, always fight fair and postpone if you are not able to at that moment.
- *When speaking try to use the person's name, it shows respect.

Using "I" Messages to communicate

Example:

I feel _____
when you _____
because _____
I want you to _____

An "I" message is a way to communicate how you are feeling, and what you want, in a non-threatening way.

Let's Practice using "I" Messages:

Someone calls you a mean name:

Someone pushes you:

Someone blames you for something:

Someone tells a lie about you:



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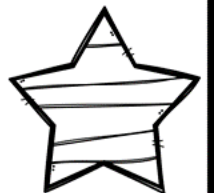
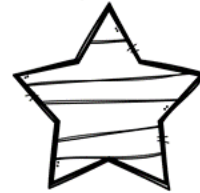
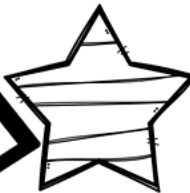
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GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Conflict Superheroes](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

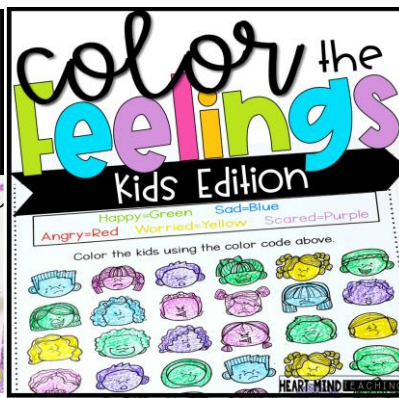
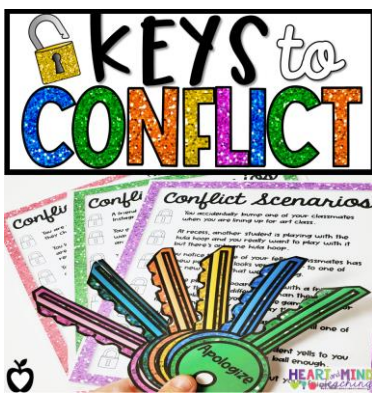
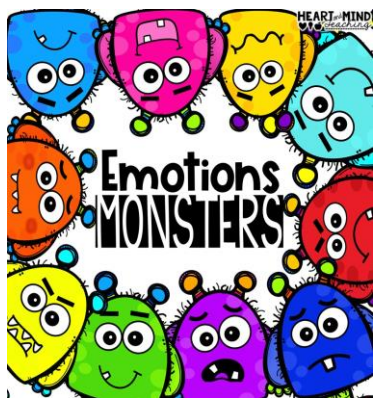
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RECOMMENDED RESOURCES

Click the pictures to get a closer look.



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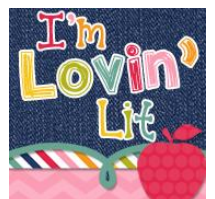
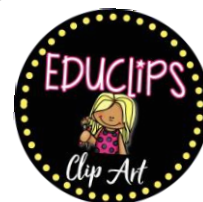
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