



Hi there, I'm **Ashley**  
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# Google Slides

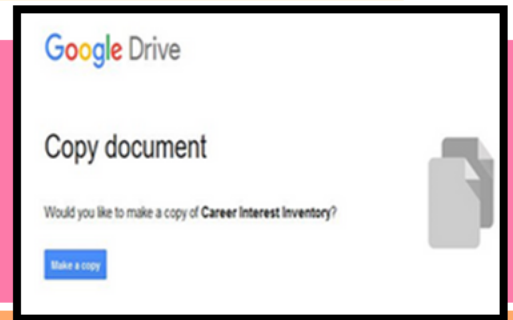
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

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## Conflict Resolution

1

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.



2

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

3

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

4

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."

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! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

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

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



# CONFLICT RESOLUTION

## Session Objective:

- \*Define conflict resolution in their own words.
- \*Recognize conflict warning signs and calming skills.
- \*Identify the six conflict resolution skills.
- \*Reflect on how to use regulation skills in daily life.

## Materials:

- Handouts & PowerPoint
- Pencils

## Guiding Questions:

- \*What is the most frustrating part of conflicts?
- \*What is one conflict resolution skill you can try during your next conflict?

## Session Details

- \*Have students answer the question of the day (slide 3).
- \*Present the PowerPoint, have students use the SketchNotes to take notes (page 23).
- \*Say "Today we're going to talk about conflict resolution. Conflict resolution is the ability to resolve disagreements peacefully and respectfully. It means using words and choices that fix the problem rather than make it worse. Conflicts can happen at school, online, with friends, or at home. Conflict resolution is important because it helps keep friendships strong, prevents small problems from turning into big ones, keeps everyone safe and respected, helps you stay in control of your emotions, and builds skills you'll use your whole life."
- \*Review the Peaceful vs. Non-peaceful (slide 4). Complete the corresponding handout (p. 7)
- \*Explain the 6 Conflict Resolution skills (slide 5-7) and corresponding handouts (p.12-13). Ask: "Turn to a partner and share about a conflict that happens often at school. What is one peaceful way to handle it?" (Let 2-3 students share aloud.)
- \*Review the rest of the Conflict Resolution skills (slides 9-12). Complete corresponding handouts (p. 14-17).
- \*Additional activities: True and False (pages 28-30), Writing prompts (pages 5-6), Read and Respond (pages 18-19), Task Cards (p.25-28).
- \*Have students complete the exit ticket (page 24).

## 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: Effective oral and written communication skills and listening skills. (B-SS 1)

## SEL Competencies:

- \*Self-Awareness: Identifying Emotions, Accurate Self-perception.
- \*Self-Management: Stress Management.
- \*Social Awareness: Respect for others.
- \*Relationship Skills: Communication.
- \*Responsible Decision-Making: Identifying problems, Analyzing situations, Solving Problems.

# CONFLICT RESOLUTION SKILLS

**Listening:** Paying attention to what the other person is saying without interrupting.

**Using “I” Statements:** Paying attention to what the other person is saying without interrupting.



**Staying Calm:** Controlling your emotions so you don't make the conflict worse.

**Compromising:** Each person gives up a little to reach a fair solution.

**Thinking about Consequences:** Considering what might happen before you act or speak.

**Seeking help when needed:** Asking a trusted adult for support when the conflict is too big or unsafe to handle alone.



# WRITING Prompts

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Write a letter to the student, giving them good advice on how to handle their situation.



You're working on a group project in science class. Two group members keep arguing about whose idea is better, and no one is actually doing the work. The deadline is tomorrow, and you're feeling frustrated because the project isn't getting finished.

# WRITING Prompts

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Write a letter to the student, giving them good advice on how to handle their situation.



You're scrolling online and notice that a classmate posted something embarrassing about you. Other students have liked and commented on it. You feel angry, hurt, and want to post something mean back.

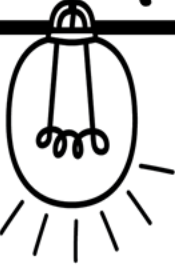
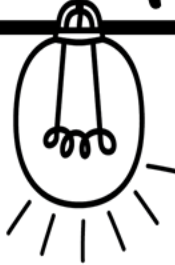


Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION

## Conflict Signals

Peaceful	Non-peaceful
	

How can peaceful choices help resolve conflicts?

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---

# CONFLICT RESOLUTION

## School Situations

**Directions** Read the scenarios and create a positive response that would de-escalate the situation. Your response should include conflict resolution skills that you would use.



SCENARIO	YOUR RESPONSE
During a group project, one student refuses to do their share of the work, leaving you and your partner frustrated.	
A classmate makes fun of your answer during a lesson, and other students laugh.	
Someone pushes past you in the hallway and then blames you for bumping into them.	



# CONFLICT RESOLUTION

## Social Situations

**Directions** Read the scenarios and create a positive response that would de-escalate the situation. Your response should include conflict resolution skills that you would use.



SCENARIO	YOUR RESPONSE
Your best friend makes plans with another group of friends and doesn't invite you.	
Two of your friends are arguing, and both want you to take their side.	
At lunch, you and your friends can't agree on where to sit, and the group starts getting annoyed.	

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION

## Home Situations

**Directions** Read the scenarios and create a positive response that would de-escalate the situation. Your response should include conflict resolution skills that you would use.



SCENARIO	YOUR RESPONSE
Your sibling takes your things without asking and then denies it.	
You and your sibling want to watch different TV shows at the same time.	
Your parent asks you to stop playing video games, but you're in the middle of an online match.	

# CONFLICT RESOLUTION

## Digital Situations

**Directions** Read the scenarios and create a positive response that would de-escalate the situation. Your response should include conflict resolution skills that you would use.



SCENARIO	YOUR RESPONSE
A friend doesn't reply to your text, but you see they are chatting with others in the group chat.	
Someone posts a photo of you online without asking, and you don't like how you look in it.	
A classmate spreads a rumor about you through social media messages.	

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION

## Listening

Listening means paying attention to what someone else is saying without interrupting, judging, or planning what you're going to say next. When people feel heard, conflicts are easier to solve.

### What Listening Looks Like:

- \*Making eye contact
- \*Not interrupting
- \*Nodding or responding calmly
- \*Repeating back what you heard

Practice listening: A friend says, "You never let me choose what we do." What can you do to show the friend you are listening to them?

One way I can be a better listener during conflict is:





Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION I Messages n

"I" statements help you share your feelings without blaming the other person. Blaming causes fights. "I" statements keep conversations calm. Rewrite each sentence using an "I" statement: I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_.

"You always ignore me!"



**YOU MESSAGE I MESSAGE**

"You're the reason we're losing this game."



**YOU MESSAGE I MESSAGE**

"You never let me talk during group work."



**YOU MESSAGE I MESSAGE**

"You always take my stuff without asking."



**YOU MESSAGE I MESSAGE**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION

## *Staying Calm*

List below some signs when you start to feel upset, and healthy calming tools to stay calm.

### SIGNS YOU'RE GETTING UPSET



### HEALTHY CALMING TOOLS



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION *Compromising*

Compromise means both people give a little to find a fair solution. Winning isn't as important as solving the problem. Read the scenario and find a compromise.

**SCENARIO:** Two students want to use the same Chromebook at the same time during class.



**Possible Compromise:**



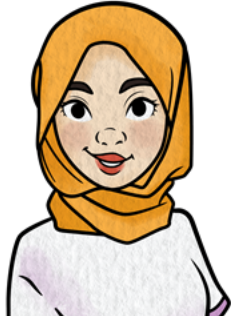
**SCENARIO:** Two friends want to play two different video games.



**Possible Compromise:**



**SCENARIO:** You and your partner disagree on which topic to use for your project.



**Possible Compromise:**



**SCENARIO:** You want to listen to music while studying, but your sibling needs quiet to focus.



**Possible Compromise:**



# CONFLICT RESOLUTION *Thinking about Consequences*

Every choice we make has a consequence — good or bad. Thinking about consequences means pausing before acting and asking, ‘What might happen next?’ Read the situations and the possible choices, then determine the short and long-term consequences of each choice.


 A classmate embarrasses you in front of others.

<i>My Choice</i>	<i>Short-Term Consequence</i>	<i>Long-Term Consequence</i>
Yell at them.		
Walk away.		
Embarrass them back.		

Which choice leads to the best outcome and why?

\_\_\_\_\_

\_\_\_\_\_

 A classmate takes your usual seat and says, “It’s not a big deal—sit somewhere else.”

<i>My Choice</i>	<i>Short-Term Consequence</i>	<i>Long-Term Consequence</i>
Walk away without saying anything.		
Tell them to “Move or else...”		
Calmly explain how you feel.		

Which choice leads to the best outcome and why?

\_\_\_\_\_

\_\_\_\_\_



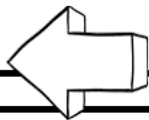
Name: \_\_\_\_\_ Date: \_\_\_\_\_ Per: \_\_\_\_\_

# CONFLICT RESOLUTION *Seeking Help*

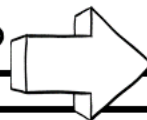
Sometimes conflicts can be solved by talking it out. Other times, a conflict is too big, unsafe, or ongoing—and that's when asking for help is the best choice. Read the situations below and color in the arrow if you should handle it yourself or seek help.

A friend keeps interrupting you during a conversation.

**HANDLE IT**



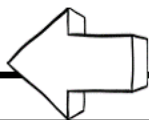
What should you do?



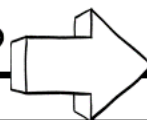
**GET HELP**

Someone sends you threatening messages online.

**HANDLE IT**



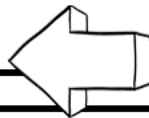
What should you do?



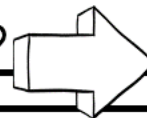
**GET HELP**

A group of students repeatedly makes fun of you.

**HANDLE IT**



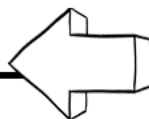
What should you do?



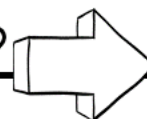
**GET HELP**

A classmate accidentally bumps into you and apologizes.

**HANDLE IT**



What should you do?



**GET HELP**

A classmate keeps spreading rumors about you even after you asked them to stop.

**HANDLE IT**



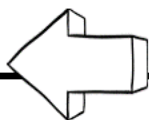
What should you do?



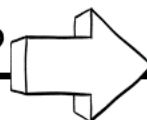
**GET HELP**

Two friends are arguing, and one begins threatening the other.

**HANDLE IT**



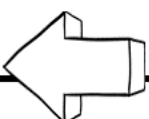
What should you do?



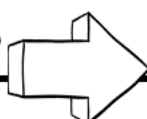
**GET HELP**

During P.E., you and a friend disagree on whether a point should count or not.

**HANDLE IT**



What should you do?



**GET HELP**

One adult I can go to for help with a conflict is:

\_\_\_\_\_

# READ & Respond

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Every time Ethan shared an idea with his science group, one of the students would roll their eyes or ignore him. By the third day, Ethan felt angry and disrespected. During class, he snapped and said, "You guys never listen to me! This project is going to fail because of you." The room went quiet, and the group started arguing. Ethan felt his face get hot, and he wanted to walk away. Ethan took a deep breath and stopped talking for a moment. He thought about what he really wanted — to finish the project and not be in trouble. Then he chose a calmer response. He said, "I feel frustrated when my ideas aren't heard. Can we each take a turn sharing what we think would work best?" The group paused. One student apologized and said they didn't realize Ethan felt that way. The group agreed to split the work and listen to each other's ideas. By the end of class, they had a plan and were working together.



### Respond

1. What conflict did Ethan experience in this story?

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2. How did Ethan react at first? Why did that reaction cause problems?

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3. Which conflict resolution skills did Ethan use to fix the situation?

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4. How did the conflict change after Ethan used these skills?

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# READ & Respond

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Sofia checked her social media after school, her stomach dropped — there was a picture of her making a silly face in class. Some classmates had added jokes in the comments. Sofia felt embarrassed and angry. Her first thought was, “I should post something mean back, so they know how it feels.” Her fingers hovered over the keyboard, ready to type. Then Sofia remembered what she had learned about handling conflicts online. She stopped and took a few deep breaths. She thought about what might happen if she reacted right away. The comments could turn into a bigger argument, and the picture might get shared even more. Instead of reacting, Sofia chose a calmer approach. She messaged the person who posted the picture privately and wrote, “I feel embarrassed seeing that photo online. Please take it down.” A few minutes later, the student replied with an apology and deleted the post. Sofia also told a trusted adult about what happened so they could help if the problem continued.



### Respond

1. What was the digital conflict Sofia experienced?

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2. What was Sofia's first reaction? Why might that have made the situation worse?

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3. Which conflict resolution skills did Sofia use?

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4. How did Sofia's choices lead to a positive outcome?

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# True or False

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Read each statement and determine if it is true or false. Write T (true), F (false) in the box.

1	Conflict is a normal part of life.
2	All conflict is bad and should always be avoided.
3	Conflict can sometimes lead to positive changes if handled well.
4	The goal of conflict resolution is to make sure one person always wins.
5	Conflict resolution means finding a solution that works for everyone involved.
6	Yelling is usually the best way to solve a conflict.
7	Listening to the other person helps resolve conflicts.
8	Ignoring a conflict always makes it go away.
9	Walking away to cool down can be a healthy choice in some conflicts.
10	Calling someone names will make the conflict worse.
11	Using "I" statements ("I feel...") can help express your feelings respectfully.
12	Getting revenge is a healthy way to handle conflict.
13	Sometimes compromise is necessary to solve a conflict.
14	Staying calm helps you think more clearly during a conflict.
15	Avoiding conflicts forever is a good long-term solution.
16	Body language, like eye rolling, can make conflicts worse.
17	Taking deep breaths can help you calm down in a conflict.



# True or False

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

## CONFLICT RESOLUTION

Read each statement and determine if it is true or false. Write T (true), F (false) in the box.

18	You should always try to understand the other person's perspective.
19	Brainstorming different solutions is part of conflict resolution.
20	Using humor in the right way can sometimes ease tension in a conflict.
21	It's okay to ask an adult for help with a conflict you can't solve alone.
22	Conflict resolution is about controlling the other person's behavior.
23	Staying respectful during a disagreement helps keep the conflict from getting worse.
24	Thinking before you speak can prevent conflicts from escalating.
25	Conflict resolution always happens quickly.
26	If a friend spreads a rumor, the best response is to spread one back.
27	Sharing your side calmly can help solve conflicts with friends.
28	Conflicts in group projects are common in middle school.
29	Blaming others in a group project is the fastest way to solve the conflict.
30	Apologizing can sometimes help end a conflict.
31	Learning conflict resolution skills can improve friendships.
32	Conflict resolution skills are only useful in school.
33	You can practice conflict resolution even when you're not in a conflict.
34	Being able to resolve conflicts is an important life skill.

# True or False

## Answer Key:

1. T
2. F
3. T
4. F
5. T
6. F
7. T
8. F
9. T
10. F
11. T
12. F
13. T
14. T
15. F
16. T
17. T
18. T
19. T
20. T
21. T
22. F
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28. T
29. F
30. T
31. T
32. F
33. T
34. T

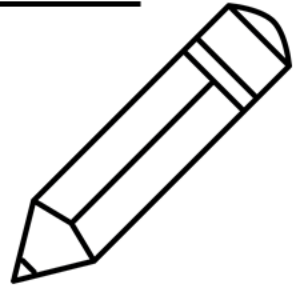
Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_



# CONFLICT RESOLUTION

## Sketch Notes



Conflict Resolution  
Skills:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

What does conflict resolution mean?

"I Message"  
template

Ways to stay calm

How can using conflict resolution skills help  
you in daily life?

A graphic designed to look like a piece of paper with a torn left edge and a folded bottom right corner. It features a banner at the top left and a large arrow pointing left at the bottom right.

## **QUESTION OF THE DAY**

When you're in a conflict, what do you usually do first:  
react right away, walk away, or stop and think?

A graphic designed to look like a piece of paper with a torn left edge and a folded bottom right corner. It features a banner at the top left and a large arrow pointing left at the bottom right.

## **EXIT TICKET**

Next time I face a conflict, I will choose to...

## EMOTIONAL REGULATION Task Cards



What's an example of an unhealthy way to handle conflict? How can you do it differently?

1



## EMOTIONAL REGULATION Task Cards



Why is it important to "Stop" before reacting in a conflict?

2



## EMOTIONAL REGULATION Task Cards



How does "Thinking" about the other person's feelings change the way you solve a conflict?

3



## EMOTIONAL REGULATION Task Cards



What's a time you solved a conflict in a positive way? What worked?

4



## EMOTIONAL REGULATION Task Cards



What might happen if you choose the worst option in a conflict?

5



## EMOTIONAL REGULATION Task Cards



What might happen if you choose the best option in a conflict?

6





## EMOTIONAL REGULATION Task Cards



How can conflict resolution skills help you with friends?



7

## EMOTIONAL REGULATION Task Cards



Which step—Stop, Think, or Choose—is hardest for you? Why?

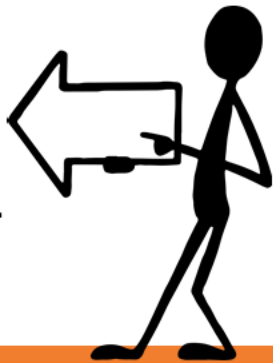


8

## EMOTIONAL REGULATION Task Cards



You and your best friend want to hang out with different people at recess. How can you solve this?



9

## EMOTIONAL REGULATION Task Cards



A classmate grabs a pencil off your desk without asking. What would you do?



10

## EMOTIONAL REGULATION Task Cards



Your partner for a project isn't doing any work. How could you handle this conflict?

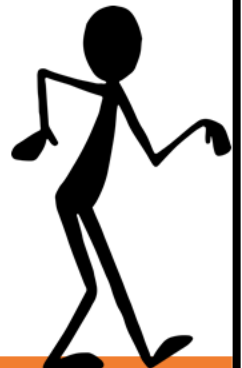


11

## EMOTIONAL REGULATION Task Cards



A friend makes a joke about you in front of others, and it embarrasses you. What are your options?



12

## EMOTIONAL REGULATION Task Cards



You and your sibling want to use the computer at the same time. What's a fair solution?



13

## EMOTIONAL REGULATION Task Cards



Someone cuts in front of you in the lunch line. How can you respond without making the conflict worse?

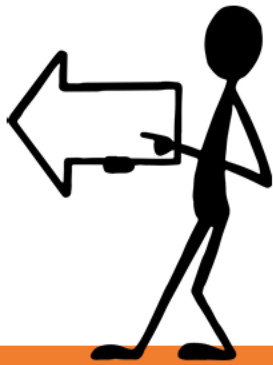


14

## EMOTIONAL REGULATION Task Cards



A teammate blames you when your group loses a game. What should you do?



15

## EMOTIONAL REGULATION Task Cards



A classmate posts something online that hurts your feelings. What's the best way to handle it?



16

# TASK CARD

## Responses

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Per: \_\_\_\_\_

Write your answers to the task cards in the box matching the number on the card.

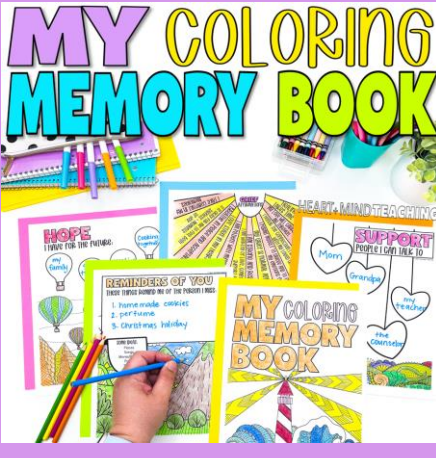
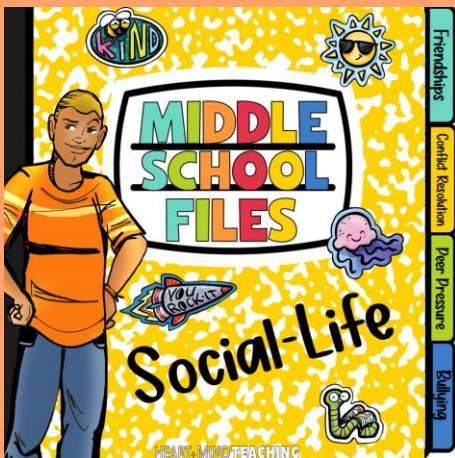
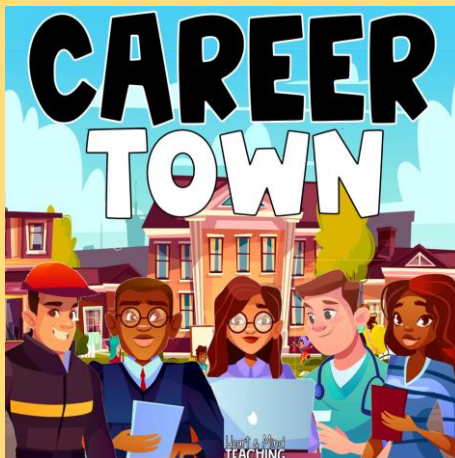
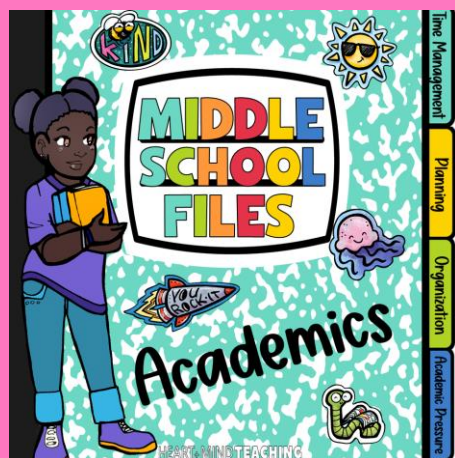
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