

Engage

Think of a time when you have fallen out with someone either at school or at home.







How did it make you feel?



Did your emotions change?

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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WALT: identify strategies of resolving and managing conflict

Context: PSHE - Feelings

Success Criteria

-I know what conflict is

-I know the difference between big and small conflicts.

-I can identify how I might feel during big and small conflicts.

-I can identify strategies to resolve and manage conflict

Deepen - I can apply my knowledge of resolving conflicts to my own experiences.



Star Words

feelings emotions conflict
behaviour compromise



What is conflict?

Introduce

Conflict is when we have a disagreement with our friends or our families.

When this happens people might get angry, upset or scared.

Sometimes we have disagreements over **small thing** and sometimes over **big thing**.

Small disagreements....

Introduce

A small disagreement might be between you and your family or you and your friends.



Example

Your friend wants to play a different game to the one that you want to play.



Can you think of a time when you have had a **small** disagreement. How did you feel?

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Big disagreements....

Introduce

A big disagreement can also happen between you and your family or you and your friends.



Example

Your friends or brother / sister were playing and wouldn't let you join in.



Can you think of a time when you have had a **big** disagreement. How did you feel?

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What should you do when a disagreement happens?

- Try to remain calm, and avoid shouting at the other person.
- Remember what it is that made you feel sad or angry so that you can talk to the other person about it.
 - Take a deep breath.



How can we resolve a conflict?

- Calm down and count to 10.
- Talk and listen to each other - you may need to **compromise**.
- Discuss what you need to do move on from the disagreement (find a solution so that everyone is happy)
 - Talk about your feelings.



What should you do if you still can't find a way to agree?

- Ask a friend to listen and help (or healthy mind champion!)
- Speak to an adult

Read the scenarios on your table.

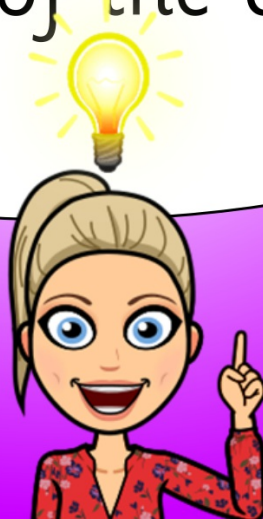
Consider &
Practise

In your groups discuss:

- Is this a small or big argument?
- How do you think they would feel?
- How could they resolve the argument?



Let's discuss our ideas with
the rest of the class!



Independent
task

5 steps to resolving conflict

Draw round your hand in
your book - **take it slow to**
make sure it is neat

On each finger, write a
strategy you can use to help
resolve conflict between
friends or family.

model



Think of a time when you have fallen out with a friend or family member.

Deepening



What happened?



How did you feel?



How was the conflict resolved?



What would you do differently next time?

A series of horizontal lines for writing, alternating between blue and red lines, providing space for the student to answer the questions.