

***Topic for the Week: Conflict Resolution***

Disagreements are a healthy part of family life. We are all individuals with different ideas, personalities and ways of doing things.

Developing conflict management skills

Cooperation: Get kids to help solve conflict together. It is important that you help them approach conflict in a positive way, and believe that they can work together to solve it.

Managing emotions: It can be really difficult for kids and adults to keep their cool in a conflict situation (especially if they feel they are being accused or blamed). Reacting aggressively or withdrawing from the situation are common responses. It can help to take some time for everyone to calm down before returning to the problem.

Empathy: Teach kids how to listen to, and understand, the needs and concerns of other people. Help them to ask why the other person wants something and consider what it might be like to be 'in their shoes'.

Communication: Learning to speak clearly and respectfully takes practice. You can help kids practice positive ways to ask for what they want: "I would like you to ask before using my things."

When enough is enough: Some issues are too big for kids to work out and the conflict continues to escalate. If the conflicts become very intense or lead to physical aggression, then it is important for you to step in. When a mutual solution is not possible, you can still help your child to think through the alternatives that are available to him or her and choose the best one.

Tips for building healthy family relationships

Make your relationships a priority- Try to set aside a few minutes each day to spend with your family, talking, reading a story or making dinner together. When kids see you making relationships a priority, they learn that they are important to you and feel loved.

Communicate effectively- Good communication is essential for healthy relationships and helps family members feel understood and supported. Kids also learn how to communicate respectfully when they see the adults around them speak to each other with care and consideration.

Work together as a family- Working together as a family helps everyone feel that they have something important to offer.

Provide support for each other- Let family members know that you are there to help, provide comfort, love and care. Being aware of a family member's needs and offering to help, can reduce stress and conflict.

Week of May 4th-8th

PreK-2nd	3rd-5th	6th-8th	Additional Resources
<p>Videos: What is conflict?</p> <p>Conflict Resolution for Children</p> <p>The Higglesoos-Conflict</p> <p>Handouts: Conflict Think Sheet</p> <p>Conflict Talk Sheet</p> <p>Conflict Feel Sheet</p> <p>Before you Sting</p> <p>Physical Activity: TV Commercial Workout</p> <p>Family Fun Cardio Workout</p> <p>Relaxation: 5 Fun Mindfulness Activities for Children</p> <p>10 Relaxing Activities for the Whole Family</p>	<p>Videos: Conflict Resolution</p> <p>Handling Everyday Conflict</p> <p>Handouts: Resolving Conflicts</p> <p>Conflict Resolution Wise Choices</p> <p>Conflict Cards</p> <p>Physical Activity: TV Commercial Workout</p> <p>Family Fun Cardio Workout</p> <p>Relaxation: 10 Relaxing Activities for the Whole Family</p>	<p>Videos: Conflict Resolution</p> <p>Conflict to Resolution in 4 Steps</p> <p>Handouts: Conflict Resolution</p> <p>Conflict Resolution Worksheet</p> <p>Conflict Resolution for difficult conversations</p> <p>Conflict Cards</p> <p>Physical Activity: 30-Minute Hip Hop Fit Workout</p> <p>Relaxation: Listening to Music Mindfully</p> <p>Character Playbook (7th-9th Grade) Teaches skills about health relationships, conflict resolution and managing emotions.</p>	<p>Conflict Resolution</p> <p>Personal Peace Principles</p> <p>Physical Activity Guidelines for Americans: Chapter 3-Active Children and Adolescents</p> <p>Apps: MindYeti</p> <p>Stop, Breathe & Think</p> <p>Español: ¿Cómo enseñar a los niños a resolver conflictos?</p> <p>5 estrategias para resolver problemas con adolescentes</p> <p>Yoga para niños en casa y en familia</p> <p>Enfrentar el COVID-19: recursos para padres</p>

Challenge for the week: Apologize and communicate sincerely with your family members 4 out of 7 days this week for something you may do or say within a conflict. (A good apology will communicate three things regret, responsibility and remedy or solution)