

Health

5.ICR.1.4

Summarize how to solve problems and resolve conflict without avoidance or violence

Materials Needed:

Appendix 1 – teacher copy of Vocabulary Words for Conflict Resolution (terms written on whiteboard)

Appendix 2 – copies of My Three Friends: A Poem about Conflict Resolution

Index cards

Statement of Objectives:

Today's lesson is about solving problems and managing conflict. By the end of the lesson, you will be able to use ways to resolve conflict in positive ways, rather than avoiding the problem or starting a fight.

Focus:

Tell students you will be reading a poem, but need for them to understand several vocabulary words so the poem has more meaning. Place the following terms on the white board: Conflict, Resolve, Avoidance, Strategy, Respect, Point of view, Flexible, Mediation, Compromise, and Problem-solving. For each term, ask students what they think it means, then share the definition if needed. Definitions are found in Vocabulary Words for Conflict Resolution, Appendix 1.

Read the poem, My Three Friends: A Poem about Conflict Resolution (Appendix 2).

Teacher Input:

Say, Next we will analyze the poem to learn better ways to handle problems in our relationships with others. Let's assume the speaker in the poem is named Terry. Ask the following questions about the poem:

- Who were Terry's three friends?
- Which of Terry's friends uses violence when he has conflict?
- Does violence solve problems? Why or why not?
- Which of Terry's friends avoids conflict?
- Does avoidance solve problems? Why or why not?
- Of Terry's friends, which has the best strategies for resolving conflict?
- What strategies does Pedro use to solve problems?
- How does he show respect even if he disagrees?
- Does Pedro give in or give up his beliefs?
- Who could help you manage conflict in more positive ways?
- How will you try to solve problems in the future?

- How does violence or avoidance hurt friendships?
- How does positive conflict resolution strengthen friendships?

Assessment:

Provide each student with an index card. Ask them to write down a conflict that has bothered them recently. They are not to include any names on the card.

Have students fold the card several times so it is shaped like a ball. Have them toss their folded card into the center of the room. They will then pick up a card, making certain it is not their own. Have them read the conflict on the card and turn it over to write a positive “solution” to the conflict on the back.

Move around the room to find good examples of conflict resolution that does not involve avoidance or violence. Read several solutions to reinforce positive problem-solving.

Closure:

I like your ideas about resolving conflict. Let’s try to put those into practice so that we have a peaceful and respectful classroom.

Vocabulary Words for Conflict Resolution

Words (to be placed on white board)	Definitions (ask for students' understanding, then share definition)
Conflict	A difference that prevents agreement, needs that oppose each other
Resolve	To find an answer or solution to a conflict, to settle an argument
Avoidance	An act of withdrawing from or not dealing with a conflict
Strategy	A plan or method of carrying out a goal (such as resolving conflict)
Respect	Admiring or valuing someone or something, having high regard for someone
Point of view	A belief or position about something
Flexible	Able to change one's position, able to yield or bend
Mediation	A third person helps solve a conflict
Compromise	A way to reach an agreement; each person gives up something to end an argument
Problem-solving	Thinking through how to manage conflict

My Three Friends:

A Poem about Conflict Resolution

I've had three friends since second grade.
They are super best friends to me,
But whenever we have a conflict,
Different styles of resolution I see.

Martin is something of a hothead.
He is always ready to fight.
I've seen him shove and hit and kick.
I know that's just not right.

Twila handles conflict differently.
She tends to just walk away.
The conflict doesn't get resolved.
If she has hurt feelings, she won't say.

Pedro uses strategies that seem to work best
For effective conflict resolution.
Pedro stays calm and positive.
He works to find a solution.

Pedro treats others with respect.
He listens to their points of view.
He states his position clearly.
And to his own values, he is true.

Pedro has learned to be flexible.
He shows that he is very wise.
He is smart about asking for mediation.
He has learned to compromise.

Pedro never uses avoidance.
He never chooses to fight.
He finds other ways to solve problems.
He finds ways to do what is right.