

May 11, 2020

# HCS Social Emotional Newsletter- Conflicts & Problem-Solving

## GETTING ALONG WHILE AT HOME

Hi Highland Students & Families,

Being at home with our loved ones all day, every day can be hard sometimes. We aren't practicing our normal routines of going to work/school, doing afterschool activities, and/or spending time with friends and other family members. Instead, most of us are trying to do all of those things from home!

We need to learn to share our space with our siblings, parents, children, and other family members. Some days we may feel grateful to be able to spend time with them and other days we may be frustrated with them and may want to escape and be alone. We may be tired of sharing and getting along. Just know that it's okay to feel all of these different ways. It's normal to disagree and have conflicts with the people we live with. I'm going to give you some tips and tricks to use when that happens.

Hope you enjoy!  
Ms. Alexis, School Social Worker



Are you having difficulty meeting basic needs at this time?

Please reach out to me directly at [akramschuster@hcsmke.org](mailto:akramschuster@hcsmke.org) or at 414-376-0655 for local resources and assistance.

## WHAT IS A CONFLICT?

Conflict is a word used to describe when people aren't getting along or when there is a problem between two or more people.

Conflicts can happen at home, at school, or out in a public place like the park, the grocery store, or the library.

There are 4 kinds of conflicts: disagreement, rude moment, mean moment, and bullying.

**Disagreement** - when people have different ideas about something and usually no one's feelings are hurt. For example:

- Who's turn it is in a game...
- Which TV show is better - SpongeBob or Teen Titan?

**Rude Moment** - hurting someone's body or feelings *on accident*. For example:

- Skipping someone in line..
- Burping without saying "excuse me"
- Bumping into someone

**Mean Moment** - hurting someone's body or feelings *on purpose*. For example:

- Calling someone a name...
- Making fun of someone's clothes...
- Telling someone they can't play with you

**Bullying** - hurting someone's body or feelings on purpose, happens more than once, the person doing the hurting has more power. For example:

- Getting other people to be mean to someone
- Threatening someone every day

## Resources

### Books

[The Squirrels Who Squabbled](#) by Rachel Bright  
-What did the squirrels have a disagreement about?  
-What did they do to solve their problem?

### Videos

[The Olive Branch](#) by Little Light Foundation

-A series of 1-minute videos modeling conflict resolution strategies without using words.

-Three episodes called *Food*, *Cold*, and *Sleep*

## CONFLICT RESOLUTION TIPS

If you do get frustrated with your brother or sister, Mom or Dad, children, or another family member while at home, here are some ways you can deal with your feelings and move on from a conflict:

### Get Calm First

Wait until you are calm before talking about a conflict. Take some time to cool off and breathe.

### Play a Game of Chance

Solve your problem with a fun and fair game like Rock, Paper, Scissors or Flip a Coin.

### Use an I-Message

Say how you feel, what you hope for and how you want to be treated. For example, "I felt \_\_\_ when \_\_\_."

### Listen with an Open Heart

Listen to the other person without interrupting or judging how they feel/what they think about what happened. Try to put yourself in their shoes.

### Apologize

If you feel comfortable, saying you are sorry when you make a mistake helps to repair the conflict.

### Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels like their voices and needs have been heard and matter.



## How to Apologize

If you are in a conflict and you feel like you need to or want to apologize, you can follow these three steps:

**Step 1** - Take responsibility for what happened and say "I'm sorry for \_\_\_\_." or "I am sorry that I \_\_\_\_"

**Step 2** - Think about what you can do next time and say "Next time, I will \_\_\_\_"

**Step 3** - Be a friend and make sure the other person feels ok. Say "Can I do anything to make it better?"

## Featured Family Activity: Talking Stick



A talking stick or talking piece can be very helpful when you're dealing with a conflict with someone.

A talking stick is used to make sure that each person has a chance to talk and express their feelings. Whoever holds the talking stick can talk and everyone else listens. Here is how you can make a talking stick at home:

You will need:

- A stick from your yard or popsicle sticks
- Fun supplies to decorate it like beads, feathers, pipe cleaners, paint, stickers

All you have to do is find some sticks you like and decorate them however you want!