



Conflict Resolution


Relationships, Module 4




AGENDA




1. Brainstorm: Have you ever had a conflict with a friend or family member? What was the issue? How did you solve it?



2. As a class, resolve the conflict in Scenario 1 using the SCOPE-IT strategy.



3. Working with a partner or small group, resolve the conflict in Scenario 2 using the SCOPE-IT strategy.



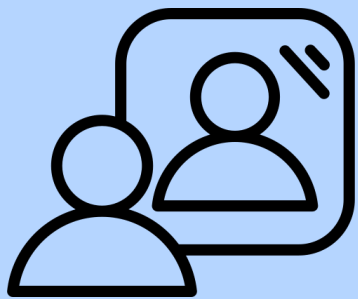
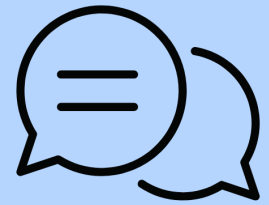
4. Reflect: Has there ever been a time when you've been grateful for the understanding or learning that was the result of the conflict?



BRAINSTORM



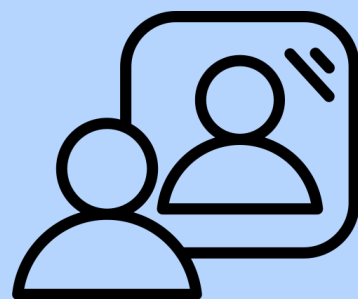
Have you ever had a conflict with a friend or family member? What was the issue? How did you solve it?



DISCUSS



Share your responses from the Brainstorm section. What was the conflict about? What solutions did you come up with? Did the conflict get resolved?



DIVE IN



SCOPE IT! Strategy

Stop and take some deep breaths.
Consider how we are feeling and why.
Options — what can we do?
Plan — what are the steps?
Evaluate the outcome.

Insights: How can I use what I've learned?
What do I know about myself now?
Transform: Is that consistent with the
person I want to be? If not, what do I
need to do differently?

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emozi HIGH SCHOOL

All of your friends are going out on Saturday night, but you have to study for the ACT. Here is an example of how you can use the SCOPE-IT strategy to check in with yourself and arrive at a solution that is best for you.

Stop - I really want to go out with my friends but I also need to do well on this test.

Consider - I haven't been able to hang out with my friends in forever! But if I don't do well, I might not get into the school I want to attend.

Options - I could go out and come home early and study. But I might not want to come home once I'm out.

I could study for a while and then come home, but I might be focused on going out instead of studying.

Plan - Doing well on the test will help me achieve my goal. Going out won't.

Evaluate - I'm sorry that I missed out on a fun time, but I'm glad I focused on achieving my goal.

Insights - Next time I'll try to organize something after the test!

Transform - Being with my friends is important, too. I'm OK with my decision.



ACTIVITY



Working with a partner or small group, resolve the conflict in Scenario 2 using the SCOPE-IT strategy.

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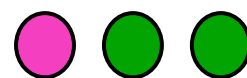
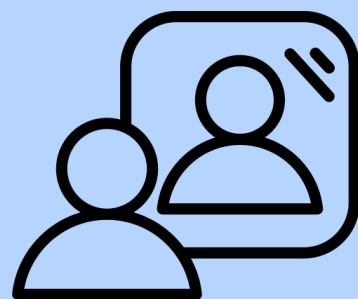
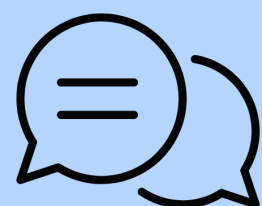
Worksheet

Name: _____ Date: _____

Conflict Resolution

SCOPE-IT!	Scenario 1: All your friends are going out on Saturday night, but you're supposed to work.	Scenario 2: There's a big party happening at a friend's house while their parents are out of town. Your parents only let you go to parties if adults are present.
Stop and take some deep breaths. Identify the precise problem.	I really want to go out with my friends but I'm scheduled to work.	
Consider how you are feeling and why.	I haven't been able to hang out with my friends in forever! But I'm also saving up for some new sneakers.	
Options: What can you do? What obstacles might get in the way?	I can try to switch shifts with someone but I probably won't find anyone to do it. I could call in sick, but I won't make any money and I might get in trouble. I could try to meet up another time with my friends, but we all have busy schedules.	
Plan: What are the steps?	I decided that it's more important to be with my friends than make money, so I'm going try to change my shift.	
Evaluate the outcome.	I had an OK time going out, but I let my coworkers down and now I have to wait even longer to get my sneakers.	
Insights: How can I use what I've learned?	Next time I'll try to be part of the planning process so I don't have to decide between work and money.	
Transform: Is that consistent	I'm really glad I had a chance to spend time with my friends, but my values of	

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REFLECT



Has there ever been a time when you've been grateful for the understanding or learning that was the result of the conflict? For example, maybe a conflict helped you develop a new understanding about something or maybe you made a new friend as a result?



Interdisciplinary

Engineering design challenges are a great way to provide students with an opportunity to hone their conflict resolution skills. A crucial part of the design process is problem solving with team members so their project is successful. If time allows, students can engage in one of the engineering design challenges listed below. These challenges are flexible in both timeline and materials. Teachers can set specific limits for the challenges based on their schedule and the needs of their students, and they can use materials that are readily available.

- Build race cars using upcycled household materials such as food boxes, soda bottle caps, etc.
- Construct a boat that holds the greatest number of pennies without sinking.
- Design a device to protect an egg from breaking when dropped from a predetermined height.
- Construct the tallest tower possible using pasta (or toothpicks or popsicle sticks) and marshmallows.
- Use a website simulation tool to simulate the spread of a disease.



Home Connection



Home Connection

Conflict Resolution

Dear _____,

Today in class we learned that a great strategy to help resolve conflicts is the SCOPE-IT strategy. We talked about different scenarios and practiced using the SCOPE-IT strategy together.

Here is the SCOPE-IT strategy for use at home:



Please encourage your student to practice the SCOPE-IT strategy at home and report back on how it went.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: Are there ways you can authentically incorporate conflict resolution into your classroom community?





Lesson Complete!

