



*A PK-6 Lesson on Managing Disagreements, Communicating Clearly,
and Finding Peaceful Solutions*



Introduction for the Facilitator

This lesson focuses on the professional skill of **conflict resolution**, which is the ability to work through disagreements in a calm, respectful, and fair way. Conflicts happen in every classroom, team, and friendship. What matters most is how we respond.

For PK-6 students, conflict resolution means learning to **pause, listen, speak kindly, and try to understand others' feelings and perspectives**. It also means practicing forgiveness, teamwork, and compromise, which are all essential life skills for relationships and personal growth.

Conflict resolution builds a student's **personal competitive advantage** by helping them become trustworthy, emotionally aware, and solution-focused. It also helps shape the kind of peaceful, cooperative, connected **lifestyle** they want.

This lesson includes:

- **A relatable Social Story**
- **8 Group Discussion Questions with follow-ups**
- **8 Journal Prompts (draw or write)**
- **10 engaging classroom Activities**
- **A printable Worksheet to help students practice their conflict resolution skills**

Let's help students see that solving problems peacefully is a sign of strength—and something they can practice every day.



Social Story: *Nina and the Missing Markers*

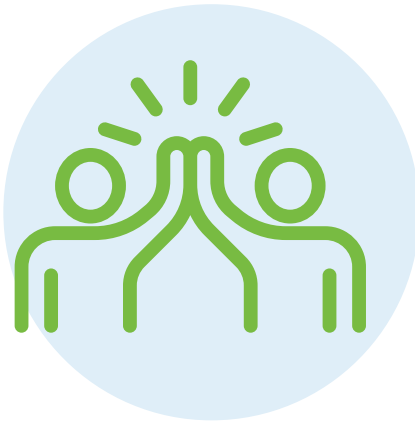
Nina and her friend Devon always sat together during art. But one day, Nina reached for her favorite markers—and they were gone.

Devon was using them. “You didn’t ask!” Nina snapped.

“I didn’t know they were yours,” Devon replied, just as sharply.

They both folded their arms. Art time felt ruined.

Later, their teacher, Ms. Shah, called them over. “Conflict happens,” she said. “But we can choose how we respond. Let’s talk it through.”



Together, they shared their thoughts and feelings as Ms. Shah asked:

- **What happened?**
- **How do you each feel?**
- **What do you need now?**
- **What’s a fair next step?**

Devon apologized. Nina explained her feelings. They agreed to take turns from now on and to speak up kindly when something felt off.

It wasn’t perfect. But it felt better.

That day, Nina and Devon didn’t just fix a problem—they built trust. Conflict resolution became part of their **personal competitive advantage** and helped them build the **lifestyle** they wanted: peaceful, respectful, and full of friends who work things out.



Group Discussion Questions

1. What does conflict mean to you?

Follow-up: Why is it normal for people to have disagreements sometimes?

2. What are some ways people respond to conflict?

Follow-up: Which ones help? Which ones hurt?

3. What does it look and sound like to solve a problem calmly?

Follow-up: What helps you stay calm when you’re upset?

4. Why is it important to listen during a conflict—not just talk?

Follow-up: How does listening change the conversation?

5. What can you say to someone when you’re ready to solve a problem?

Follow-up: How can your tone or body language help?

6. What’s the difference between blaming and problem solving?

Follow-up: Which one leads to better outcomes?

7. How does resolving conflicts help grow your personal competitive advantage?

Follow-up: What strengths do you use during conflict resolution?

8. What kind of lifestyle do you want to live?

Follow-up: How can peaceful conflict resolution help create that life?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about a time you solved a problem with someone. What helped?**
2. **What do you do when you feel angry or hurt during a disagreement?**
3. **What's one phrase or action that helps bring calm to a conflict?**
4. **Describe a time you forgave someone. How did that feel?**
5. **If conflict resolution were your superpower, what would your superhero name be? How would you use your power to save the day?**
6. **How do you know when a disagreement is getting too heated? What should you do?**
7. **What makes you feel heard during a conflict?**
8. **How does resolving problems peacefully help you grow your personal competitive advantage?**



Activities

1. **Conflict Roleplay Cards**
Present common school conflicts (e.g., someone cutting in line, losing a turn). Students act them out and then model a respectful solution.
2. **Calm-Down Toolbox**
Build a list of strategies to pause when feelings are strong, such as deep breaths, counting, space, journaling, etc.
3. **I Message Practice**
Teach and practice "I feel _____ when _____ because _____." Let students roleplay using it in real scenarios.
4. **Respectful vs. Disrespectful Sort**
Provide phrases and actions (e.g., "You're mean!" vs. "That hurt my feelings") to sort and discuss.
5. **Peace Poster Creation**
Students create classroom posters with tips for solving problems peacefully.
6. **Conflict Freeze Frame**
In groups, students freeze in the middle of a conflict scene. Others suggest solutions before "unfreezing."
7. **Repair the Friendship Letters**
Students write imaginary or real apology or reconnection letters to someone they had a conflict with.
8. **Tone of Voice Game**
Say the same sentence in different tones. Discuss how tone affects how others feel during conflict.
9. **The Resolution Wheel**
Create a spinning wheel of strategies: listen, take turns, ask for help, share, say sorry, explain, etc.
10. **Compliment Catch-Up**
End a conflict lesson by having students share one kind or affirming thing with someone else in the room.



My Conflict Resolution Plan

Name: _____

Helpful Words:

- **Conflict Resolution** = solving a disagreement calmly and fairly
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Every peaceful choice makes us stronger!

Use the back of this sheet if you need more space.

1. A time I had a conflict with someone was:

2. One thing that helped me solve it was:

3. When I'm upset, I can stay calm by:

4. Here's something I could say to solve a problem peacefully:

5. My Conflict Resolution Superpower helps me do these things:

6. Solving conflicts helps me grow my personal competitive advantage by:

7. This is how conflict resolution helps me live the lifestyle I want: