



Conflict Resolution Toolbox

Conflict resolution isn't just a classroom tool; it's a life skill. Teaching students to follow specific steps gives them strategies to manage conflicts in school, at home, and in future work settings, helping them to grow into well-rounded adults who can handle disagreements constructively.

The Four Conflict Resolution Steps

- 1.** Summarize your thoughts and feelings as well as others' thoughts and feelings.
- 2.** Consider what works best for everyone.
- 3.** Create three options for a compromise.
- 4.** Choose the best compromise together.

Additional Tips for Conflict Resolution

- I-statements
- Active listening
- Emotion naming
- Mindfulness strategies
- Responsibility-taking