

# interactive Conflict Resolution Choice Board



Before I Choose what to do,  
TO GET **CALM**  
I WILL:

<b>TRY HAND OVER HEART</b> <p>Place one hand over my heart and the other hand over my belly, while I breathe slowly and tell myself, "Everything will be okay."</p>	<b>TRY HOT COCOA BREATHING</b> ✓ <p>Pretend I am holding a mug of hot cocoa. Breathing in, I smell the chocolate aroma. Slowly breathing out, I blow the hot cocoa to cool it down.</p>	<b>COUNT TO 20</b> 1 2 3 4 <p>Slowly count to 20, taking a deep, slow breath with each number.</p>
<b>TRY ROLLER COASTER BREATHING</b> <p>Slowly trace my hand with my finger, breathing in, as I trace my fingers going up, breathing out, as I trace my fingers going down.</p>	<b>TRY ROCKS AND SOCKS</b> <p>Zoom all my strength into making fists, like my hands have turned into solid rocks. When I can't stand holding the tension any longer, I breathe out and relax my hands like floppy socks. I can try squeezing and relaxing other parts of my body, too.</p>	<b>TRY OCEAN WAVES BREATHING</b> <p>Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.</p>

THE SIZE OF THIS PROBLEM IS:

**BIG**

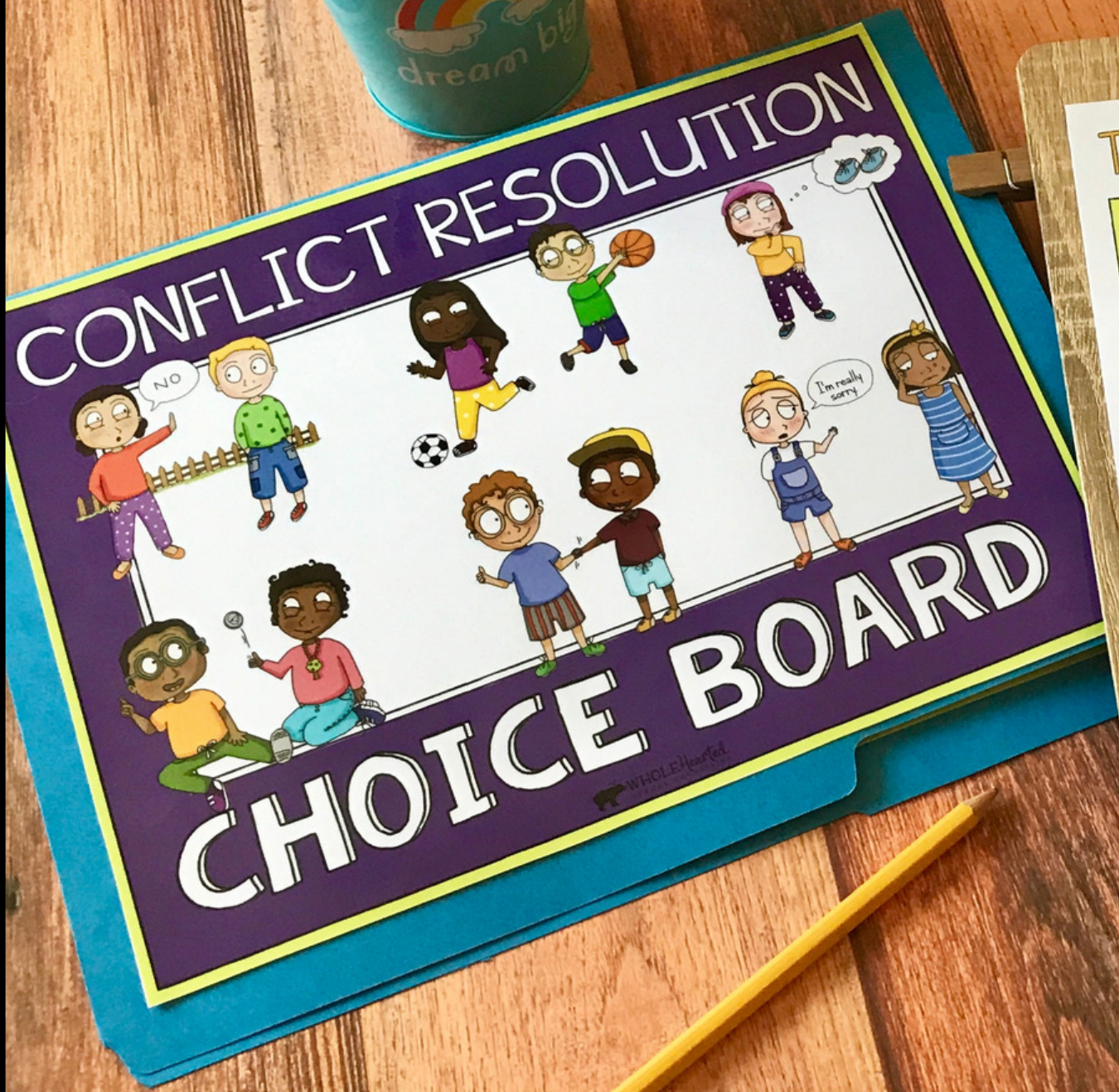
Small problems are things you might feel disappointed, annoyed or frustrated with. You can usually handle a small problem on your own.

Big problems are things that are unsafe or dangerous and you or someone else feels scared. Ask an adult for help for big problems.

TO **RESOLVE** THIS CONFLICT, I WILL:

<p>Brainstorm solutions Find a compromise Make a deal that everyone can agree with</p>	<b>FLIP A COIN OR DO ROCK-PAPER-SCISSORS</b> <p>Flip a coin or do rock-paper-scissors.</p>	<b>ASK FOR HELP</b> <p>Ask for help.</p>	<b>SAY WORDS THAT MEAN NO</b> <p>Say words that mean NO.</p>
<b>TALK IT OUT AND USE I-MESSAGES</b> <p>Talk it out and use I-messages.</p>	<b>IGNORE WHAT'S ANNOYING ME</b> <p>Ignore what's annoying me.</p>	<b>FIND A WIN-WIN SOLUTION</b> <p>Find a win-win solution.</p>	<b>THIS CHOICE WORKED</b> YES NO I will try SOMETHING ELSE
<b>TAKE TURNS OR SHARE</b> <p>Take turns or share.</p>	<p>Find something else to do. Be flexible and creative. Play a different game. Use something different.</p>	<b>APOLOGIZE</b> <p>Apologize.</p>	<b>Do Something Else</b> <p>Do something else.</p>







# To be a PEACEFUL PROBLEM SOLVER, I can...

- ☐ Get Calm First
- ☐ Find a Win-Win Solution
- ☐ Talk It Out and Use I-Messages
- ☐ Listen to the Other Person
- ☐ Put Myself in the Other Person's Shoes
- ☐ Ask for Help
- ☐ Do Rock-Paper-Scissors or Flip a Coin
- ☐ Ignore What's Annoying Me
- ☐ Do Something Else
- ☐ Share or Take Turns
- ☐ Say Words That Mean "NO"
- ☐ Apologize

## The I-MESSAGE that I will use is:

I felt



Place what emotion you felt here.

when

Describe what happened.

I would like

Describe how you would like to be treated or what you want instead.

When we TALK IT OUT:



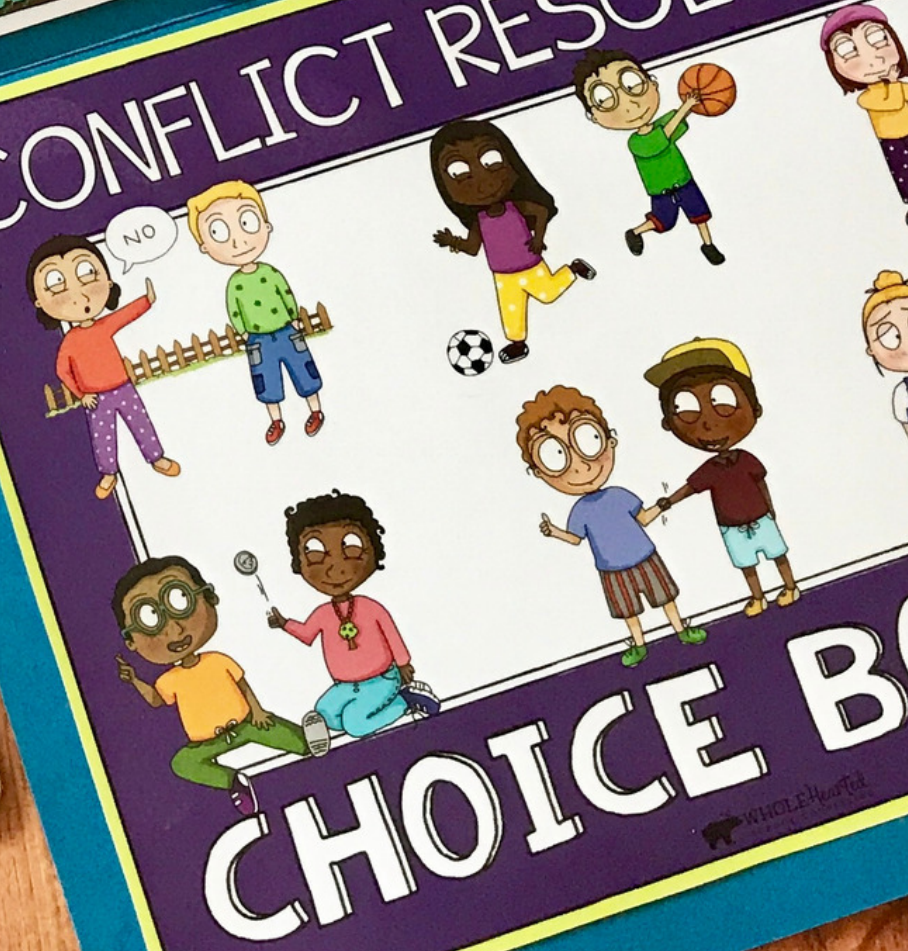
Am I LISTENING to the other person?

YES NO

Do I UNDERSTAND the other person's perspective?

YES NO

## CONFLICT RESOLUTION

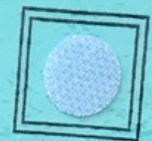


## CHOICE B

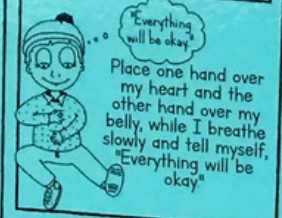




# Before I choose what to do, to get **CALM** I will:



## TRY HAND OVER HEART



"Everything will be okay"

Place one hand over my heart and the other hand over my belly, while I breathe slowly and tell myself, "Everything will be okay"

## TRY HOT COCOA BREATHING



"Everything will be okay"

Pretend I am holding a mug of hot cocoa. Breathing in, I smell the chocolate aroma. Slowly breathing out, I blow the hot cocoa to cool it down.

## COUNT TO 20



1 2 3 4...

Slowly count to 20, taking a deep, slow breath with each number.



## TRY ROLLER COASTER BREATHING



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up, breathing out, as I trace my fingers going down.

## TRY ROCKS AND SOCKS



Zoom all my strength into making fists, like my hands have turned into solid rocks. When I can't stand holding the tension any longer, I breathe out and relax my hands like floppy socks. I can try squeezing and relaxing other parts of my body, too.

## TRY OCEAN WAVES BREATHING



"Everything will be okay"

Place my hands over my ears and breathe slowly and deeply, listening to the ocean wave sound that my breath makes.



THE **SIZE** OF THIS PROBLEM IS:

**BIG**



small



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# TO **RESOLVE** THIS CONFLICT, I WILL:

## FIND A WIN-WIN SOLUTION



Play a game of chance. Whoever wins gets to decide or go first. Try rock-paper-scissors, flipping a coin, or rolling a dice.

## ASK FOR HELP



## FLIP A COIN OR DO ROCK-PAPER-SCISSORS



## TALK IT OUT AND USE I-MESSAGES



"I felt hurt when you laughed at me. I want to be treated with kindness."

## IGNORE WHAT'S ANNOYING ME



## SAY WORDS THAT MEAN "NO"



## THIS CHOICE WORKED

YES

NO

I WILL TRY SOMETHING ELSE

## TAKE TURNS OR SHARE



## DO SOMETHING ELSE



## APOLOGIZE



If the first conflict resolution trick didn't work, place the second conflict resolution tool you will try here.