

Lesson Topic**Conflict Resolution**

Title and Author Cool Down and Work Through Anger (Learning to Get Along) by Cheri J. Meiners

SEL Core Area(s) Addressed

Self-Management, Self-Awareness, Responsible Decision Making, Relationship Skills

Book Summary

This book talks about how the character in the book goes through different situations and the feelings/emotions that come about. For example, he likes to be in charge of things and gets sad or frustrated when things don't go his way. If he isn't shown respect he feels hurt or angry. He states that kicking, hitting, or using mean words can hurt others and make the situation worse. He also says that holding those feelings in is not a good plan either. Instead he states that he can work through those feelings and gives some ways that he uses to calm down. At the end of the book he mentions how there are some things that can't be changed and how he just has to accept it.

Lesson Objectives

Students will identify positive ways to handle situations when given a scenario.

Students will come up with a solution to a conflict they are currently facing.

Materials

Cool Down and Work Through Anger book Social Skills Weekly Homework by Miss V's Speech World (Available through Teachers Pay Teachers)

Procedures/Tools/Strategies

First read Cool Down and Work Through Anger

Present a variety of scenarios that students may face on a daily basis (can be more gender or age specific depending on the group) and have them come up with different ways to handle the situation. Students will then label if their solution is a positive or negative one along with the consequences.-For this you could use scenarios from Social Skills Weekly Homework by Miss V's Speech World (I bought this off of Teachers Pay Teachers)

Student Reflection/Assessment

Students will write about a conflict they are currently facing. They will be challenged to come up with a positive solution and be encouraged to carry that out before we meet next. Students can put their conflict in an envelope and have the option to share it with the teacher or a peer or keep it private (seal the envelope). They will hand in their conflicts so they don't get lost but will receive them back at our next meeting.

Suggested Extension Activities and/or Additional References or Web Links

Students will discuss ways that they work through conflict or cool down with a shoulder partner.

To wrap up the group will play “The Human Knot” game

At the start of our next lesson students will write about whether or not they carried out their solution and how it went. If they did not solve the conflict they can write about what held them back.