

Conflict Resolution

[Kelso's Choice / Conflict Resolution](#)

Conflicts are a part of our lives every single day and because of this, we want our students to develop conflict resolution skills to help in these situations. There are many choices your child can make when in conflict in order to gain a win-win solution. You can help your child role play and decide when to use the following choices when in conflict:

- Talk it out (use an inside voice)
- Say "Please stop"
- Walk away and stay away
- Ignore...don't react
- Cool off (count to 10, take deep breaths)
- Say "I'm sorry"
- Share or take turns
- Use an I-message (I feel ____ when ____ and I need ____.)
- Have a Peer Mediation

