

Dear Families/Caregivers,

When two or more people get together, there is potential for conflict. Conflict is a problem between two people. It is important to teach students how to resolve conflicts in a way that reconnects them to others.

We learned that most problems can be handled by sharing, taking turns, ignoring it, talking it out, walking away, or apologizing. We also learned that conflict is normal and how to respond to conflict when it arises. Some actions that make things better when we're not getting along are:

- Pause and Breathe.
- Say the Problem.
- Remember to be Kind.

Here are a few things you can do with your child to help him or her learn to resolve conflict effectively:

- Read a book or watch a TV show with your child where the characters have a conflict. Talk about the way the characters resolved their conflict.
- When your child is faced with a conflict with a sibling, cousin, or friend, encourage him or her to use the strategies mentioned above to solve the problem.

Sincerely,

Your Child's Teacher