

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 the importance of an apology and how to apologize. The strategies for a sincere apology are:

- Say you're sorry.
- Admit your mistake.
- You make a move.

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

- 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. Notice if and how the characters apologize to one another.
- 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.
- Practice writing apology notes with your child. Talk through what the apology should say and what he or she can do to make the situation better.

Sincerely,

Your Child's Teacher