



Parents and Caregivers,

We are excited to share that our next Skills for Learning and Life (SLL) unit is “Resolving Conflicts & Repairing Relationships.” In this unit, your child will explore different SLL themes and skills related to Relationship Skills and Responsible Decision-Making. Below is a chart with the different SLL themes that we will be discussing in this unit and some possible ways that you can reinforce them at home if you wish.

Unit 5: Resolving Conflicts & Repairing Relationships		
Date	SLL Theme & Competency	Possible Discussion Questions and/or Family Activities
March 4th - 8th	Understanding Problems & Conflicts (Responsible Decision-Making)	<p>-Why do you think it is important to stop and name a problem or conflict before solving it?</p> <p>-Was there a time you needed to solve a problem or conflict with others? What was the problem? Were you able to solve it?</p> <p>-Number 1 Playlist: As a family, come up with a playlist of songs or movies that have a positive problem solving message. Take a few moments to discuss the music or movie and its positive influence. Encourage your child to consider the meaning behind the song or film and why the creators may have made it. Music and film is a form of communication. Both can elevate moods, open up conversation and help make connections.</p> <p>* If you are feeling extra creative, write and sing your own song or create your own mini movie together.</p> <p>-Family Compromise: One way to resolve a conflict is to compromise. Sometimes people want opposite things and neither side will give in to the other - so they compromise. Each person gives up a little of what they want and they meet in the middle. They may not get exactly what they want, but they get part of it. As a family, create an Acrostic Poem for the word compromise. Example: C - onflict O - M - P - atience R - I - S - E - ffective</p>
March 11th-15th	Communicating about Problems (Responsible Decision-Making)	<p>-It is important to communicate about a problem or conflict. It helps us to better understand the thoughts and feelings behind it and how it affects everyone. When you have a problem, how do you talk about it with the other person(s)?</p> <p>Act It Out with “I” Statements: Role Play is a very impactful tool and can help with communication. We can do this by using “I” statements. “I” statements keep from placing blame on others. For example, “I feel frustrated when I ask you to clean up after dinner and there are dirty dishes on the counter.” or “I feel sad when I hear rude words because they hurt my feelings. I like playing with people who use nice words.” Model using “I” statements with your child and encourage them to use them when communicating about a problem.</p>

		<p>Mime It for a Minute: So much of our communication is non-verbal. Body language and facial expressions speak volumes especially when communicating about problems or conflicts. As a family, try communicating a feeling, emotion or situation without speaking a word. (Like charades!)</p>
<p>March 26th-28th</p>	<p>Review Week (All Competencies)</p>	<p>-What is something you have learned to do this year? Who would you like to teach it to and why?</p> <p>-If you had to be outside for the day, what would you do?</p> <p>-If you had to be inside for the day, what would you do?</p> <p>-If you could travel anywhere in the world, where would it be and why? How would you get there?</p> <p>Top Ten List: As a family, create a top ten list of things you love doing together. Decorate your list and put it up somewhere you can all see it and reflect on it. You could even frame it for some extra bling!</p> <p>Make It Meme-ingful: As a family, take or draw pictures of the fun, special and eventful times in your life. Together, come up with some unique, silly memes, captions or messages to go with the pictures.</p>
<p>April 1st-5th</p>	<p>Making Amends (Relationship Skills)</p>	<p>-Making amends is more than just an apology. It is the act of righting and repairing a wrong you may have done either intentional or unintentional. It is an important part of maintaining good relationships with the people around us. What does making amends mean to you?</p> <p>-What does it mean to accept an apology? (Or when someone makes amends with you)?</p> <p>-Role Play: After discussing what it means to accept an apology or when someone makes amends with you, as a family, discuss what it looks like and act it out. This activity will help support relationship and communication skills, as well as responsible decision-making.</p>