

Materials	Paper, pencil
Learning Outcome	Develop relationship skills by utilizing a peaceful problem-solving process.

Description

Ask the child to think about different ways they react when they have a problem or conflict with a friend or family member. What do they do first? How do they solve the problem or conflict? Discuss the strategies that the child uses and then invite them to be a peaceful problem-solver by utilizing four simple steps. On a piece of paper, draw a circle and divide the circle into four quadrants. Write one of the following steps of the process in each quadrant.

- Step 1: Stay calm
- Step 2: Use an "I" message
- Step 3: Find a solution
- Step 4: Compromise, apologize, or forgive

Explain to the child that getting along with others is something that we all have to work on because no two people are the same and we all have different thoughts, feelings, reactions, and opinions. Share that it is important to develop skills to deal with problems in a calm way. Review each peaceful problem-solver step with the child and invite them to brainstorm examples of how they can implement each step. Ask the child to write their answers in the appropriate quadrant supporting early literacy learners with writing. Use the table below to provide the child with support in brainstorming their answers.

Step 1	Stay calm	Take 10 deep breaths before reacting, use a quiet voice, do not react right away.
Step 2	Use an "I" message	<p>Take turns sharing how you feel and why. For example:</p> <p>Child 1: "I feel angry because you knocked over what I was building."</p> <p>Child 2: "I feel angry because I knocked over what you were building by accident and you got really angry at me."</p>

Step 3	Find a solution	Think about how you could solve the problem. For example: <i>"I think we should move further apart so we each have more room."</i>
Step 4	Compromise, apologize, forgive	<ul style="list-style-type: none">• Compromise means that you come to an agreement with the person where you find common ground. This means that each person reduces their demands so both people get a bit of what they would like.• Apologize if you made a mistake or overreacted.• Forgive the person if they did something to you.

After the child has brainstormed examples for each part of the problem-solving process, ask them to use the process to solve some common problems. The child can use common problems from their own life or use the examples below:

- Someone is using something that they want to use.
- Someone says something that they do not agree with.
- Someone says something unkind to them.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- Which step of the peaceful problem-solving process do you think will be the hardest for you to do?
- Why do you think it is important to resolve problems and compromise, apologize, or forgive?