

COUNSELOR CORNER

Linden Elementary School



Conflict Resolution for Elementary School Students

No matter how hard we try to avoid them, arguments, fights and disagreements are a fact of life – for adults and for kids. And not dealing with conflicts when they arise can negatively impact relationships and lead to further interpersonal challenges down the road. Consider these tips as you help your own child navigate conflict resolution:

1. Tackle feelings first. Help your child to identify the emotions that they are feeling. Conflicts are significantly more manageable when children can identify and cope with these big and intense emotions.
2. Pinpoint the source of the problem. Once your child is feeling emotionally regulated, try to determine the root of the conflict.
3. Brainstorm solutions. Support your child in brainstorming possible solutions to the problem. Feel free to offer suggestions, but empower your child to make his/her own decision to resolve the situation.
4. Get some perspective. Encourage your child to take time and space before attempting resolution.
5. Practice effective communication. Support your child as they determine how to best express his/her feelings. Practice "I-Messages" at home.
6. Model what you want to see. Model appropriate communication and conflict resolution skills at home.

To continue reading the full article [CLICK HERE.](#)

https://childmind.org/article/teaching-kids-how-to-deal-with-conflict/#full_article

Parent Resources

This PowerPoint from *Music City School Counselor* walks the reader through the process of using I-Messages as a conflict resolution tool. Parents and caregivers can utilize this at home to encourage role play and discussions focused on conflict resolution. [Click here to access the I-Message slides.](#)

Parents and caregivers can also access this resource through *PBS Learning Media* to encourage communication in conflict resolution. [Click here to access the Relationship Skills video.](#)



Social and Emotional Learning

Children's Books About CONFLICT RESOLUTION

My Secret Bully

By: Trudy Ludwig

Enemy Pie

By: Derek Munson

Rita and Ralph's Rotten Day

By: Carmen Agra Deedy and Pete Oswald

Talk and Work It Out

By: Cheri J. Meiners M.Ed.