

4 Steps to Resolve Conflicts



1. Pause and check in.
2. Identify the problem and explain your perspective.
3. Listen and try to see the problem from the other person's perspective.
4. Try to resolve the problem.



4 Steps to Resolve Conflict

Record the 4 steps to resolve conflict in the correct order.
For Step 4, write down at least 3 example strategies.

Step 1

Step 2

Step 3

Step 4

Take 5 Breath



Take 5 Breath Leader Script

- Tell students that today they're going to learn the Take 5 Breath. Tell them that they can practice the Take 5 Breath any time they are surfing waves of emotions.

Begin by holding your right hand in the air. Spread your fingers on your right hand out wide. Now take the pointer finger of your left hand and place it on your right wrist, near the outside of your right thumb.

We're going to take five breaths. Each time we breathe in, we're going to trace one finger up to the top of our fingernails, imagining that we are riding a wave to its peak. Each time we breathe out, we're going to trace the other side of that finger back down to the hand. As we do so, we'll imagine surfing the wave all the way to the shore.

Let's try it. As you breathe in, imagine the wave rising as you trace the first half of your thumb with your pointer finger. Pause at the top of your fingernail. As you breathe out, imagine surfing down the second half of your thumb all the way to the shore. Pause between your thumb and your pointer finger.

As you breathe in, ride the wave up the first side of your pointer finger. Pause. As you breathe out, surf down the second side of your pointer finger. Pause.

Take another breath in as you trace the first half of your middle finger. Pause for a moment. Take another breath out as you trace the second half of your middle finger. Pause for a moment.

Breathe in as you ride the wave up the first side of your ring finger. Pause. Breathe out as you surf down the second side of your ring finger. Pause. The waves are getting smaller now.

Breathe in as you ride the wave up the first half of your pinky. Pause. Breathe out as you surf down the second half of your pinky. Pause.

Let's pause here to notice what feelings we're experiencing. How big are the waves now? Do you notice any changes?

- Guide students in checking in on the effects of this practice. Ask questions such as:

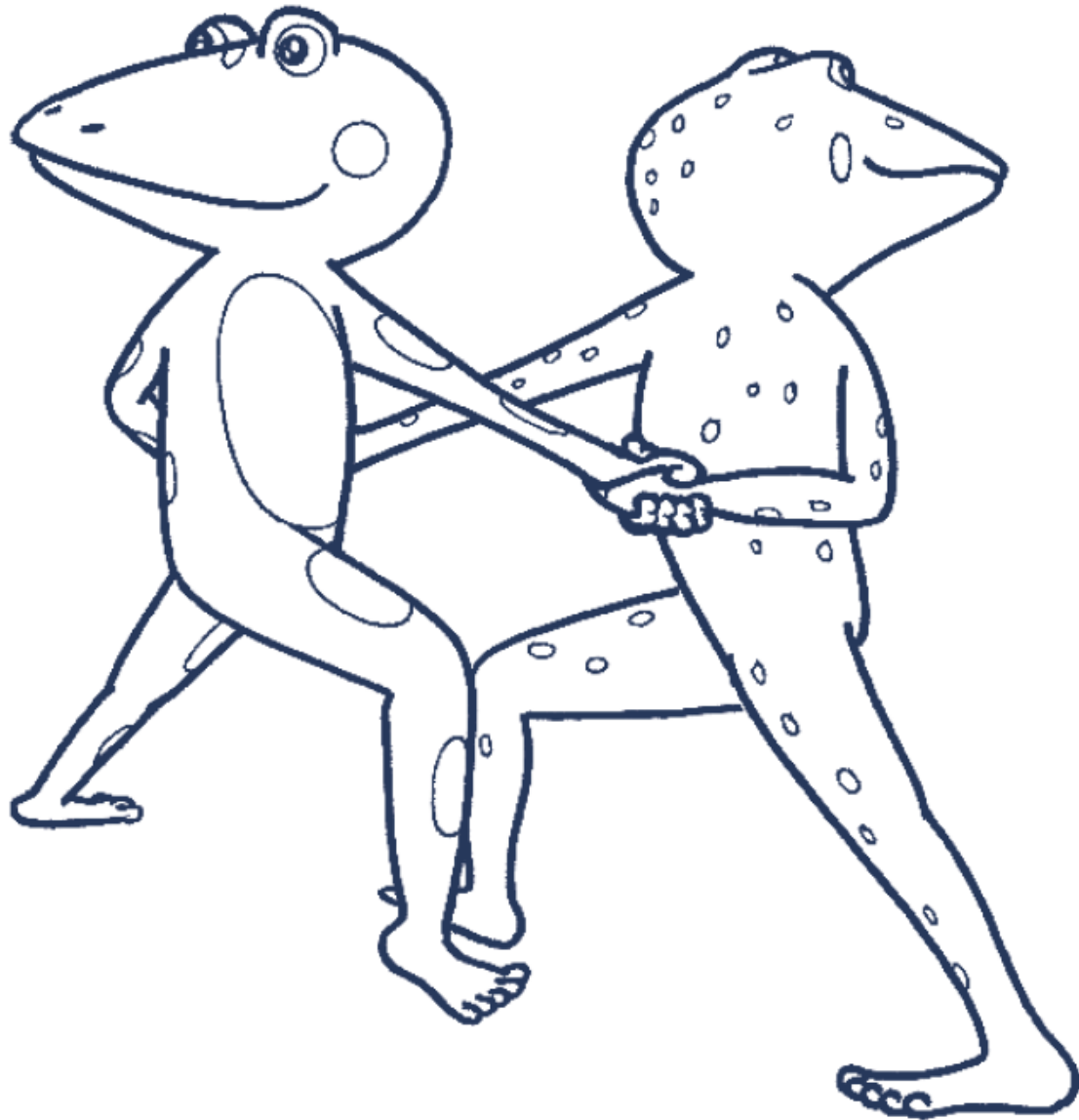
How did it feel?

How did it affect your body?

What are some examples of other times when you could use this breath?

If you were experiencing a strong emotion and you responded by breathing in this way, what might happen?

Partner Surfer Twist



Partner Surfer Twist

➤ Display or project Partner Surfer Twist visual.

Begin in Mountain pose facing your partner.

Step your right foot forward so that your right heel is side by side, with your partner (touching if both of you agree).

Exhale: Take a big step back with your left foot, finding Surfer pose. Make sure your right knee is bent, stacked above the right foot, and your left leg is long with the left foot pointing to the side at a 45-degree angle. Press both feet firmly into the ground.

Inhale: Lengthen the spine and reach your right arm behind your back, sliding the back of the hand across the small of the back toward the top of the opposite hip.

Exhale: Twist your body toward the right and reach out your left hand diagonally. Start with the back of your arm facing your partner's (touching if you both agree), with your fingertips reaching toward the outside of your partner's shoulder. Keep your breath moving.

You can stay right here, touching your partner's arm or shoulder. If it is available to you, and you both agree, you can choose to reach down for the fingertips of your partner's right hand which may be peeking out from behind your partner's back.

Be sure to communicate and cooperate with your partner as you build the pose together.

Hold the pose for two to three breaths: Breathing in: Stand tall through the spine.

Breathing out: Relax into the twist.

Breathing in: Press both feet firmly into the floor, supporting your balance.

Breathing out: Sink the hips to lunge forward with the right knee.

Release the pose and release the arms to the sides. Turn to face your partner and step forward carefully.

Repeat on the opposite side.