

# RESOLVING CONFLICTS

School is an exciting, emotional place. With everyone trying to learn and have fun, it is normal for conflicts to happen. **A conflict is when two or more people disagree on something.** They can be worrisome or bothersome and can **make it hard for you to feel like yourself.** Conflicts come in all shapes and sizes, from having someone take your ball at recess to feeling left out by friends. Here are some **strategies you can use to resolve different conflicts** and get back to feeling great!



## SMALL conflicts

### Feel like...

Small conflicts can make you feel **temporarily annoyed or frustrated.** They don't really feel like a big deal.

### Look like...

Someone cut in line in front of you.

### Strategies

Ask yourself "can I live with this?"



## MEDIUM conflicts

### Feel like...

Medium conflicts **get in the way of your learning and fun.** They can make you feel frustrated and need a quick fix before you can feel ok.

### Look like...

Someone didn't follow the rules of the game.

### Strategies

Play a quick round of Rock/Paper/Scissors



## LARGE conflicts

### Feel like...

Large conflicts **make it really hard for you to feel like your normal, happy self.** They can make you feel sad, worried, or really angry.

### Look like...

A friend suddenly stops talking to you.

### Strategies

Use the Conflict Corner to find a solution.