



Grade 6 • Ages 11-13

Resolving Conflicts Peacefully

Students will learn how to stay in control of their anger and resolve conflicts in respectful and kind ways. This helps students get along with others, cope with stressful situations and focus on learning.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



Unit Objective

Students will be able to demonstrate ways of solving conflicts non-violently such as conflict resolution and diffusion, describe what anger looks like in themselves so they can become self-aware and ready to respond positively and identify a variety of non-violent ways to respond when angry or upset.

Introducing This Unit To Your Students

For the next few lessons, we are going to talk about ways to resolve conflicts and how we can communicate when we are angry or disagree. With a partner discuss some positive or healthy ways to resolve conflict and some unhealthy ways to resolve conflict.

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce the Kindness Concepts (assertiveness, respect, self-discipline, integrity) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for assertiveness, respect, self-discipline, and integrity as a way to reinforce learning.

These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RESPECT Treating people, places, and things with kindness.

ASSERTIVENESS Standing up for yourself and what you believe in while being respectful of the rights and beliefs of others.

SELF-DISCIPLINE Controlling one's words and actions for the benefit of self and others.

INTEGRITY Acting in a way you know to be right and kind in all situations.

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

| LESSON TITLE | LESSON GOALS | LESSON MATERIALS |
|---|---|---|
| Lesson 1: Understanding Anger | Students will be able to use a video to write and illustrate what makes them angry; what anger looks like, sounds like, and feels like; and ways to manage their anger. | <ul style="list-style-type: none">• PBS My Life clip on Anger Management (3 min 26 sec): https://www.youtube.com/watch?v=MzGdTsbC4pU• Kindness Concept Posters: Assertiveness, Respect, Self-Discipline, Integrity |
| Lesson 2: But I'm Mad | Students will be able to recognize how anger presents itself and learn some techniques for handling it productively. | <ul style="list-style-type: none">• One piece of chart paper• 2 Balloons to blow up during class• Additional materials for Science Extension: Balloon, 2 buckets, Hot water, Cold water, Ice• RAK Journals• Kindness Concept Posters: Assertiveness, Respect, Self-Discipline, Integrity |
| Lesson 3: Talk It Out | Students will be able to practice using respectful speaking and listening, and use words that are helpful and not hurtful when expressing anger. | <ul style="list-style-type: none">• Trial size toothpaste tubes (or other substance that comes in a tube)• Plastic knife• Talking Stick or any object that can be passed from one student to another• Chairs or desks arranged in a circle• RAK Journals• Kindness Concept Posters: Assertiveness, Respect, Self-Discipline, Integrity |
| Lesson 4: Diffuse the Situation | Students will be able to identify and role-play conflict resolution strategies, and be able to differentiate between positive and negative strategies. | <ul style="list-style-type: none">• Conflict Scenario Role-Plays (p. 8), one copy for every 2 students• Kindness Concept Posters: Assertiveness, Respect |
| Resolving Conflicts Peacefully Awareness Campaign | Students will be able to extend their knowledge about resolving conflicts to the larger school community, by designing an awareness campaign. | <ul style="list-style-type: none">• We Love You clip (1 min 56 sec): http://www.karmatube.org/videos.php?id=3122• Other materials depend on what students create for their awareness campaign• Kindness Concept Posters: Assertiveness, Respect |

Unit Notes

Trigger warning: Talking about emotions and situations where strong emotions arise can lead to students revealing personal information that might require follow-up by yourself or a school counselor. If a student reveals any worrisome information or reaction, please know your school protocol for providing support and resources. Before class, find out the school policy about reporting a concern about a student's mental health to a school counselor or administrator

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Establishing kindness as the norm in your classroom positively influences classroom culture. By setting kindness as the expected behavior and having everyone agree to that norm, your students gain responsibility for maintaining an environment that is kind to everyone

Revisiting the topics or questions raised during discussions regularly will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

