



ConsciousDiscipline

# Conflict Resolution: Use Your Big Voice

Audience: Grades 3-5

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TOPIC	NOTES
<p><b>Empathy</b></p> <p>Remember, this is an adult first model:</p> <ol style="list-style-type: none"><li>1. Breathe. I've got this.</li><li>2. It's not happening to me, it's happening in front of me.</li><li>3. Wish the child/children well.</li><li>4. This is an opportunity to teach missing skills.</li><li>5. What does the child want/need?</li></ol> <p>"You wanted _____, so you _____. You didn't know what to do. Next time _____."</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Feeling Buddies®</b></p> <p>"Hello _____. Welcome _____. Your eyes are going like this. Your mouth is going like this. Breathe with me. You're safe. You can handle it."</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



TOPIC	NOTES
<p><b>Big Voice</b></p> <p>“Make your voice match mine.          ‘I don’t like it when you _____.          Please/next time _____.’”</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Conflict Resolution          Time Machine™</b></p> <ol style="list-style-type: none"> <li>Are you willing to go back in time and try it again a different way?</li> <li>Be a S.T.A.R.</li> <li>Wish each other well.</li> <li>1 - 2 - 3 Let's do it!</li> <li>“I don’t like it when you _____.              Please, _____.”</li> <li>Connection - Would you like to high-five or hug?</li> </ol>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

# My Plan for the First Six Weeks

WEEK	MATERIALS
<b>Week 1:</b>	

# My Plan for the First Six Weeks

WEEK	MATERIALS
<b>Week 4:</b>	