

Avoiding Conflict: Week 1

Month: Sept.

Week #: 4

Day: a. Mon. Time: 30 min.

When to Walk Away

Life Tree Learning Systems ©

Objectives/Aims

The students will: realize some of the motivations behind other people's behavior, and learn some peaceful strategies to deal with negative attention getting.

Materials

none

Illustration

The small boy in glasses seems to be bothering the other two students. How are they reacting to him?

Background

Often times when we feel irritated or annoyed with someone else's behavior, it simply means that they're seeking our attention, but they're doing it in a negative way. The easiest way to deal with this kind of situation is to either ignore them or walk away if they persist. When they treat us appropriately, *then* we can give them our attention. Actions often speak louder than words. In other words, ignoring a negative attention-getter or walking away can be more effective than using words to stop the behavior.



Group Activity

1. While students are sitting in a circle, go around and do little irritating things to them. For example, blow in their ears, muss up their hair, poke them, etc.
2. Once you've returned to your place, have the students analyze the situation by asking:
 - What were you doing to them?
 - How did it make them feel when you did these annoying actions?
3. Help the students realize that they can understand another person better by listening to their own feelings. If they feel annoyed, the other person may be engaged in negative attention getting. If they feel angry, they are may be in a power struggle with the other person. If they feel hurt, the other person may be seeking revenge. And finally, if they feel sorry for the other person, they may be feigning incompetency.¹
 - What could you do to solve this situation without using any words or getting into a fight?
4. Help the students understand that actions can speak louder than words by teaching them to ignore or walk away from others who are displaying negative behaviors.

Variations/Extensions

1. Have the students role play various situations in which someone is annoying them. Ask the students to analyze the situation and describe how they would solve it.

Conclusion

Say, "Do you feel irritated or annoyed by someone else's behavior? Perhaps that person is trying to get your attention in a negative way. Try either ignoring the person or just walking away."

1. Dreikurs, R., & Grunwald, B., & Pepper, F. C. (1971). *Maintaining sanity in the classroom: illustrated teaching techniques*. New York: Harper and Row. LB1065.D721971



*Lucas
Borisi
Holmes
8/26/09*

**The small boy in glasses seems to be bothering the other two students.
How are they reacting to him?**

Avoiding Conflict: Week 1

Objectives/Aims

By the end of this unit, your child will learn some peaceful strategies to deal with negative attention getting, be able to respond to someone's anger using the skill of active listening, recognize the consequences of losing one's temper, and learn some strategies for dealing with one's anger.

Background Information for Parents

Often times when we feel irritated or annoyed with someone else's behavior, it simply means that they're seeking our attention, but they're doing it in a negative way. The easiest way to deal with this kind of situation is to either ignore them or walk away if they persist. When they treat us appropriately, *then* we can give them our attention. Actions often speak louder than words. In other words, ignoring a negative attention-getter or walking away can be more effective than using words to stop the behavior.



Note to parents:

- First years/graders can answer questions by using invented spelling if they know how. Otherwise, they can dictate the answers to their parents and then trace over their parents' writing to make it their own.
- The abbreviation 'P.I.' stands for the parents' initials when they sign-off on their child's work.

Day 1

1) When someone is bothering or annoying you ("Pushing your button" or "Bugging you" are other ways of putting this) what is the other person trying to get from you in a negative way?

2) Name two things you can do, without using words or violence, when another person is seeking attention in a negative way?

Background Information for Parents

When someone verbally attacks us our natural tendency is to defend ourselves by responding in kind. A useful way to avoid a conflict and even heal the situation is to use a technique called 'active listening.' In essence, active listening is when you listen carefully to the other person's words and acknowledge that person's feelings. Then, you try to state what you heard or observed using your own words (paraphrasing). Finally, you make sure that you heard and understood them correctly by listening and watching for their reaction to your paraphrasing. (over)

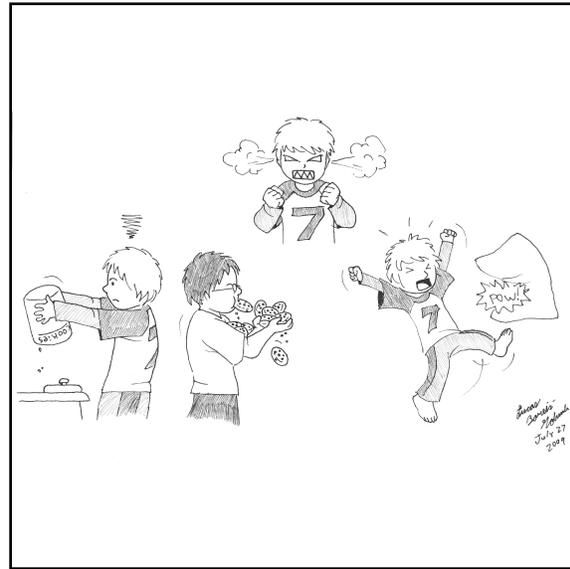
Day 2

1) Use active listening four times with your parents.

Parents says:

- “It makes me angry when you don’t put your clothes away!” (Child active listens)
- “I’m really frustrated that I’m not being listened to!”
- “I felt disrespected when you replied with a sarcastic tone in your voice.”
- “Hitting your brother is totally inappropriate behavior and makes me very angry!

P.I. _____



Background Information for Parents

All of us have had the unpleasant experience of losing our temper and the associated negative consequences. In our society, one only has to look in the newspaper to see examples of ‘crimes of passion’ where somebody really lost his or her temper, was totally out of control and is now staring at three gray walls and one with bars in it. Losing one’s temper is probably one of the leading causes of violence in our culture.

Day 3

1) Look at the picture. How did Number 7 deal with his temper after his dad ate all of the cookies? (This would never happen in real life! :)

2) What are some bad things that can happen when you lose your temper?

3) On the bottom part of this paper, draw three constructive (helpful) things you can do when you are about to lose your temper: