

Conflict Resolution

Month: Oct.

Week #: 6

Day: e. Fri. Time: 30 min.

A Three Part Sandwich

Life Tree Learning Systems ©

Objectives/Aims

The students will: learn how to soften a negative comment by placing it between two positive comments.

Materials

none

Illustration

So you have a problem with a friend...
How can tell them in such a way that they will still be your friend afterwards?

Background

People are less likely to become defensive and much more likely to listen to our grievances if we 'sandwich' them between two affirmations.

Group Activity

1. Split the students into pairs. Have them sit facing each other. Tell one person that they will be *A* and the other person that they will be *B*.

2. Say, "*A*'s repeat after me: '*B*, I really like you as a friend. However, I don't like people fooling around with me when I'm trying to get my work done. When I'm out on the playground, I really like playing around with you.'"

Questions for B:

1. What was *A*'s grievance, or complaint?

2. Did *A* say anything nice about you? How many nice things did *A* say? When did *A* say those nice things?

3. Say, "*A* used what is called a 'Three Part Sandwich' with *B*. It's when you say something nice about the person, then you say your complaint or grievance, and then you finish up with a nice statement about them." (Draw a large sandwich on the board with the two buns representing the positive statements and the 'meat' representing the problem or concern.)

4. Say, "Now I want you to switch roles. *B* make up a Three Part Sandwich that you can give to *A*. Remember that we are just pretending."

5. After each group has accomplished this task, ask if there is anybody that would like to share their Three Part Sandwich with the rest of the group.

Say something nice

State the grievance or complaint

Say something nice



Questions for B: (continued)

6. After each presentation, ask the other students what they liked about the sandwich that was demonstrated.

Group Discussion Questions

Variations/Extensions

Conclusion

Say, "People are less likely to become defensive and much more likely to listen to our grievances if we 'sandwich' them between two nice comments. A 'Three Part Sandwich' can make a grievance much easier to swallow. Anybody hungry?"

Say something nice

State the grievance or complaint

Say something nice



So you have a problem with a friend...

How can you tell them in such a way that they will still be your friend afterwards?