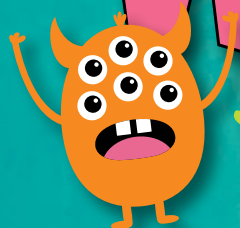


LIFE WORKS!



WORK IT OUT

**HOW TO RESOLVE
CONFLICT**

by Sloane Hughes

CONTENTS

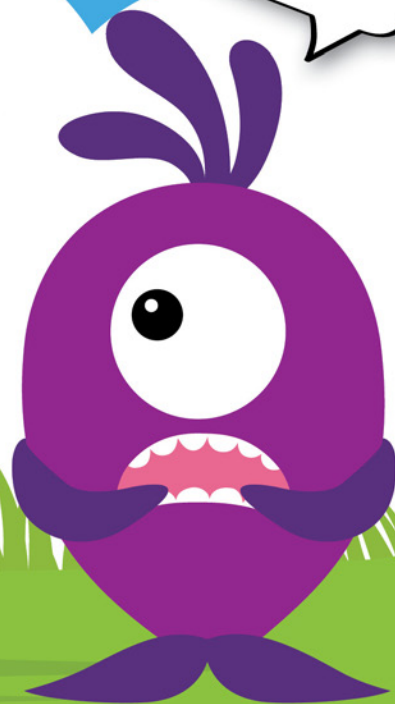
Coming Into Conflict	4
Big Feelings	6
Keeping Cool	8
Take Five	10
Our Point of View	12
In The Moment.....	14
Understanding the Problem.....	16
Good Listeners	18
Give to Get	20
The Power of We.....	22
Glossary.....	24
Index	24

COMING INTO CONFLICT

We all want to get along. But sometimes the things we want and need are different than what others want and need.

You're under MY bed!

Uh-oh!



When we don't agree with others, we can get into a **conflict**. This argument or fight can be **stressful**. But we can learn to work it out!



BIG FEELINGS

When conflicts happen, we often have big feelings. We can be angry or upset. That's okay!



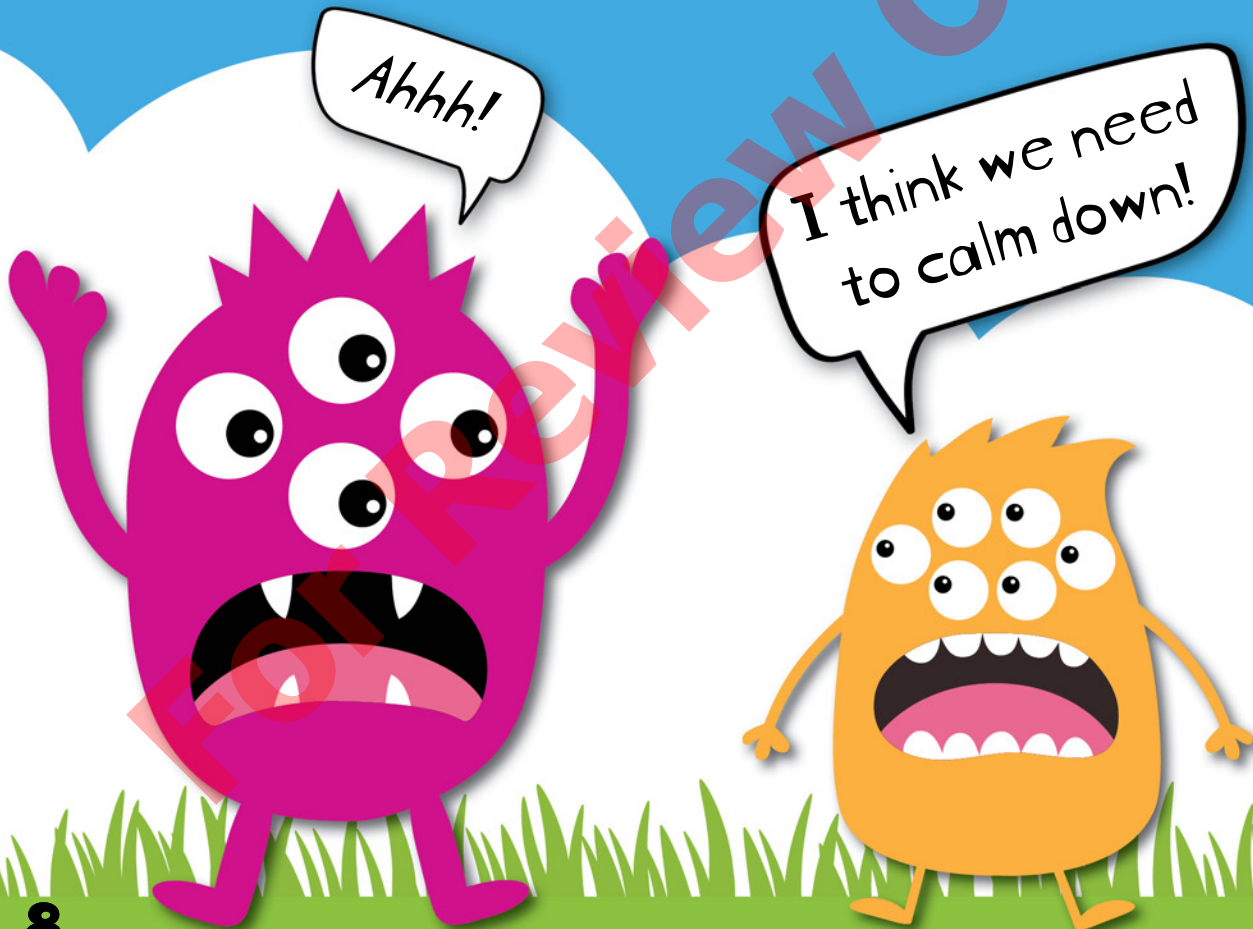
We just have to stop and notice what we're feeling. After we name the feelings, it is easier to know what to do next.

The last time you were in a conflict, what feelings did you have?



KEEPING COOL

If we want to **resolve** a conflict, we can't let our feelings control our actions. When we do, things can get a lot worse. A conflict could turn into a big fight.



**But how do we stay calm and in control?
Sometimes, we need to take a break. Stop
thinking about the conflict for a moment.**

**Taking a walk can be a
good way to cool down.**

