



Intermediate

Name:

Date:

11/26/2023

"<< Knowledge knot>>"

## Conflict Resolution for Kids

### Goal

The goal of this performance task is to enable students to understand the concept of conflict, identify and express emotions during conflicts, empathize with others, learn and practice conflict resolution strategies, manage emotions during disagreements, and recognize that conflicts can lead to personal growth.

### Role

You are a conflict resolution expert who will guide and teach children how to effectively resolve conflicts.

### Audience

This performance task is designed for children aged 8-12 years old.

### Situation

As a conflict resolution expert, you have been invited to conduct a workshop for a group of children who have been experiencing conflicts with their peers and siblings. Your task is to help them understand the nature of conflicts, identify their emotions during conflicts, learn ways to empathize with others, and practice effective conflict resolution strategies.

### Product, Performance, and Purpose

#### 1. Introduction to Conflict:

- Explain the concept of conflict using relatable examples such as disagreements with siblings or friends.
- Purpose: To help children understand what conflict means and recognize it in different situations.



# Performance Task

## 2. Understanding Emotions:

- Engage children in activities and discussions to identify and express their own emotions during conflicts.
- Purpose: To develop emotional awareness and communication skills during conflicts.

## 3. Empathy Building Exercises:

- Conduct role-playing or storytelling exercises to help children understand and respect others' perspectives during disagreements.
- Purpose: To encourage empathy and perspective-taking in conflict situations.

## 4. Conflict Resolution Strategies:

- Teach children various strategies such as using 'I' statements to express feelings, active listening, brainstorming solutions together, and seeking help from an adult when necessary.
- Purpose: To equip children with practical conflict resolution skills and strategies.

## 5. Emotion Management Techniques:

- Introduce strategies like deep breathing, taking a timeout, or using positive self-talk to help children manage their emotions during conflicts.
- Purpose: To empower children with tools to regulate their emotions during disagreements.

## 6. Positive Aspects of Conflict:

- Facilitate a discussion and provide examples of how conflicts can lead to positive outcomes like improved understanding, stronger relationships, or personal growth.
- Purpose: To help children realize that conflicts can be opportunities for learning and personal development.

## Standards and Criteria

**Table 5.1.** Learning outcome or task description for the output-based rubric

Criteria	Below expectation s	Needs Improvement	Meets expectations	Exceeds expectations	Score
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# Performance Task

<b>Understanding of Conflict</b>	Difficulty grasping the concept of conflict and struggles to recognize it in different situations	Partial understanding of conflict and sometimes recognizes it in different situations	Demonstrates clear understanding of conflict and consistently recognizes it in different situations	Shows exceptional understanding of conflict and consistently recognizes it in different situations	____ / 2
<b>Emotion Identification and Articulation</b>	Struggles to identify and articulate their own emotions or the emotions of others during conflicts	Partially able to identify and articulate their own emotions or the emotions of others during conflicts	Successfully identifies and articulates their own emotions and the emotions of others during conflicts	Expertly identifies and articulates their own emotions and the emotions of others during conflicts	____ / 2
<b>Empathy and Respect for Others' Perspectives</b>	Rarely demonstrates understanding or respect for others' perspectives during disagreements	Occasionally demonstrates understanding and respect for others' perspectives during disagreements	Consistently demonstrates understanding and respect for others' perspectives during disagreements	Always demonstrates exceptional understanding and respect for others' perspectives during disagreements	____ / 2
<b>Application of Conflict Resolution Strategies</b>	Struggles to apply conflict resolution strategies and rarely practices them	Partially applies conflict resolution strategies and occasionally practices them	Consistently applies conflict resolution strategies and regularly practices them	Expertly applies conflict resolution strategies and consistently practices them	____ / 2
<b>Emotion Management During Disagreements</b>	Has difficulty managing emotions during conflicts and rarely uses emotion management techniques	Partially manages emotions during conflicts and occasionally uses emotion management techniques	Successfully manages emotions during conflicts and regularly uses emotion management techniques	Expertly manages emotions during conflicts and consistently uses emotion management techniques	____ / 2



# Performance Task

<b>Understanding Positive Aspects of Conflict</b>	Shows little understanding of how conflicts can lead to growth or positive outcomes	Partially understands how conflicts can lead to growth or positive outcomes	Demonstrates clear understanding of how conflicts can lead to growth or positive outcomes	Shows exceptional understanding of how conflicts can lead to growth or positive outcomes	____ / 2
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## Suggested sample answer

### 1. Introduction to Conflict:

- Provide relatable examples such as disagreements with siblings or friends.
- Ask children to share their own experiences of conflicts and discuss how they felt during those situations.

### 2. Understanding Emotions:

- Conduct an activity where children identify and express their emotions using emotion cards or drawings.
- Discuss different emotions that can arise during conflicts and how they can affect our behavior.

### 3. Empathy Building Exercises:

- Divide children into pairs and assign them roles in a conflict scenario.
- Encourage them to switch roles and discuss how the conflict might look from the other person's perspective.

### 4. Conflict Resolution Strategies:

- Teach children to use 'I' statements to express their feelings and needs during conflicts.
- Engage them in role-play scenarios where they practice active listening and brainstorming solutions together.

### 5. Emotion Management Techniques:

- Introduce deep breathing exercises and guide children in practicing them during conflicts.
- Teach them positive self-talk techniques to help manage their emotions and stay calm.



## 6. Positive Aspects of Conflict:

- Share stories or examples of how conflicts in history or literature have led to personal growth or positive outcomes.
- Encourage children to reflect on their own conflicts and identify any positive lessons or growth opportunities.

## Suggested scoring

- Understanding of Conflict: 2/2 - The suggested activities effectively introduce the concept of conflict and provide relatable examples.
- Emotion Identification and Articulation: 2/2 - The suggested activities encourage children to identify and express their emotions during conflicts.
- Empathy and Respect for Others' Perspectives: 2/2 - The suggested role-playing exercises promote understanding and respect for others' perspectives.
- Application of Conflict Resolution Strategies: 2/2 - The suggested activities provide opportunities for children to practice conflict resolution strategies.
- Emotion Management During Disagreements: 2/2 - The suggested techniques and activities help children manage their emotions during conflicts.
- Understanding Positive Aspects of Conflict: 2/2 - The suggested discussion and examples effectively highlight the positive aspects of conflicts.

Total Score: 12/12