

Conflict Management – Lesson Four

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Lesson Title: Speaking Clearly/Empathy

Objective: To speak clearly when in conflict/the role empathy plays in resolving conflicts

Grade: 6/8 Time: 25-30 minutes

Materials: Board and Marker

1. Review the role feelings or emotions play in a conflict.
2. Have students tell you a few words they think of when they hear the word conflict. Example: fight, mad, solution. Write words on the board.
3. Ask students to identify which words on the list are positive, negative or neutral. Example: Negative: hurt, sad Neutral: disagreement Positive: solution
4. There will be many more negative words. Explain that conflict can be positive and have the class find more positive words: Example: solution, learning, choices, peaceful.
5. Ask the class what empathy is? To see things from another person's point of view or to walk in another person's shoes. People who are empathic are most likely to handle conflicts politely and effectively. Ask the class: Why? Because trying to see things from another person's point of view brings understanding that leads to an effective resolution. Empathy is a key to polite and effective resolution of conflicts.
6. Ask the class to write down what you are thinking and feeling today teaching the class. You write down what you think the students are thinking and feeling. Share with the class what you wrote down. Get their feedback on if what you wrote is correct. Ask them to share what they wrote. Give them feedback.
7. Tell the class that another key to handling conflicts is to speak clearly. If

someone trips you and you say, "You're Stupid! I hate you!" This is not speaking clearly. The ending to this conflict will probably be bad. Explain to the class why.

8. Write on the board: I feel _____ when you _____.
_____. (Note: there is a space between the second and third line.) Then write: I feel mad when you trip me. Stop it. Talk about how that tells the person how you are feeling, what they did and what you want to happen.

9. Tell the class: A friend takes your bike without permission. I feel _____ when you _____. Fill in the blanks and write it on a piece of paper.

10. Tell the class: A friend is picking on a smaller student. I feel _____ when you _____. Fill in the blanks and write it on a piece of paper.

11. Review positive, neutral and negative aspects of conflict, empathy and speaking clearly.