

# Videos Options for Conflict Resolution

## 1. "CONFLICT RESOLUTION" – *BrainPOP* (4 min 44 sec)

<https://www.youtube.com/watch?v=EABFiCZJy8>

Description: Life can be frustrating. You're not always going to get along with your friends and family, and they won't always get along with you. And anger and frustration are natural human emotions, so there's no way you can avoid feeling them. But there are ways to disagree without being disagreeable – and Tim and Moby will tell you all about them!

First, you'll find out why it's a good idea to take a deep breath and collect yourself before you respond to a situation you're not thrilled about. You'll discover different ways to compromise, and how placing yourself in another person's shoes can change a potential screaming match into a friendly discussion. Why risk alienating your friends and hurting people's feelings, when you can settle your differences fairly?

- Goes through the 6 steps of Conflict Resolution
  - *Point these out to the class as they appear in the video*
- Emphasizes recognizing emotions, but using a strategy to "cool off" before reacting
- Engaging, comical cartoon images with real-life examples



## 2. "Handling Everyday Conflicts - More Elementary Health on the Learning Videos Channel" – *Harmony Square* (14 min 39 sec)

<https://www.youtube.com/watch?v=7p2UbPsR9CU>

Description: Conflicts between elementary students can arise for many reasons. Handling Everyday Conflicts helps students to learn simple strategies and techniques for resolving conflicts.

This program presents a variety of typical, age-appropriate scenarios with children resolving conflicts with their peers. Handling Everyday Conflicts will provide opportunities for developing necessary skills such as effective communication, cooperation, compromise, and the affirmation of each child, all part of the process of conflict resolution. This program demonstrates to children how they can work out their own differences and recognize the issues that they may not be able to handle and where adult intervention may be required. Students will learn that sometimes that it is okay to ask for help.

- Shows children how to (1) listen, (2) talk it out, (3) get the facts, (4) compromise, and (5) ask for help if needed
- Provides relatable examples with real child actors
- Engages watchers by providing scenarios and having them brainstorm how they would solve the problem

