

Guidance Lesson Home Page

Mr. Rauschenberger

“Actions and Consequences”

A Lesson in Conflict Resolution & Stress Management

Part II



Grade 4

This week in your child’s guidance classroom lesson we reviewed key concepts from last month’s lesson on conflict resolution.

Conflict was defined as a:

- Problem**
- Argument**
- Disagreement**
- Fight**

Children learned that we have to find out what we need from one another, as opposed to what we want. A bungee cord was shown again to remind children that conflict can

often make us feel as if we are being pulled in different directions.

Next, we talked about the effects of conflict on friendships and relationships and how they can create *stress* in our lives.

Students spent time writing down information about stress.

Stress was defined as: Our body's reaction to a demand or danger. Stress can involve the following:

INTERNAL STRESSORS

Things we worry about

An upcoming test

An upcoming sports event

State Testing

EXTERNAL STRESSORS

Stress from homework

Taking a test

Competing in an event

Arguing with a friend

Next, children learned about the 3 ways stress can affect us:

PHYSICAL

Heart beats faster

Trouble breathing

Dizziness

Butterflies in stomach

Hands get sweaty

EMOTIONAL

Fears

Excessive Worry

Feeling Lonely

COGNITIVE

Negative Talk

"I can't do it"

"I'm no good"

Next, we discussed our "Stressors" and "Stress Busters"

STRESSORS

- Homework**
- State testing**
- Peer pressure**
- Siblings**
- Friendships**

STRESS BUSTERS

- ❑ **Taking a walk**
- ❑ **Drinking lots of water**
- ❑ **Exercising**
- ❑ **Listening to music**
- ❑ **Playing sports**
- ❑ **Taking a nap**
- ❑ **Squeeze a stress ball**
- ❑ **Watch a funny movie**
- ❑ **Play an instrument**
- ❑ **Imagining a peaceful place**

Students then practiced *guided imagery*. Children learned that the use of one's imagination can be a wonderful relaxation tool. The counselor read the students a story while playing relaxing music. Students were asked to imagine themselves in a very peaceful place, trying to temporarily leave the stresses of school and the classroom behind.

To further practice some of these strategies, we concluded the lesson by playing the board game "*Thought Busters*." Students were paired up with a partner, asked to read "conflict cards" and then discuss how they would handle certain conflicting and stressful situations. This game comes from Childwork games from a set of games called "A Case for Conflict Resolution."

Students brought home their game boards and game cards to play with a family member at home!