

Ask Professor Green Bear: Coping with Conflict



Dear Professor Green Bear,
There is a kid in my class and we fight over everything! We fight over toys, whose turn it is, who won games - just everything. Can you give me some advice on how to get along with this kid?
-I just want some peace

DEAR I JUST WANT SOME PEACE,
IT SOUNDS LIKE YOU ARE HAVING SOME CONFLICTS WITH YOUR FRIEND. CONFLICT MEANS TO HAVE A DIFFERENT VIEW THAN SOMEONE ELSE. KIDS MAY HAVE CONFLICTS OVER TOYS, A GAME, OR WHAT SOMEONE SAID.

THERE ARE SOME STRATEGIES YOU CAN TRY TO HELP YOU COPE WITH CONFLICT AND MAYBE HAVE SOME PEACE IN YOUR LIFE!

YOUR FRIEND,
PROFESSOR GREEN BEAR



Coping with Conflict

When resolving conflicts, do not call names, hurt someone, or refuse to listen.

STOP!

Before the conflict gets "out of control," stop and talk about it. You might have to take a step back and take some deep breaths - and that is OKAY!

Talk to a Grownup

- If you cannot resolve your conflict, you might need to involve an adult like your caregivers or a teacher.

Talk About it

- No matter what the problem is, whether it is a fight over a toy or who won a game, try working it out by talking about it.
- **Offer a possible solution-** For example, if you have a conflict over a toy, try sharing the toy or taking turns.