

Dear Family,

We are starting a unit on **Problem Solving** with Harmony SEL, our social and emotional learning program. Throughout this unit, students will learn different approaches to resolving conflict and practice a step-by-step approach to problem-solving.

Conflict is a necessary part of life. It occurs in the classroom, on the playground, at home, and in the neighborhood. Unfortunately, children are often ill-prepared to manage the conflicts they face in these settings. When this occurs, interpersonal relationships and academic progress suffer. This unit provides students with the knowledge and tools to resolve conflict successfully.

Students will learn about the three different approaches to conflict:

Conflict Avoider (*like a turtle*) **Conflict Controller** (*like a shark*) **Solution Finder** (*like an owl*)

Once students become familiar with these concepts, they will practice **Step It Up**, an approach to conflict resolution that uses the following four steps:

STOP, think, and cool off.

TALK it out.

EVALUATE possible solutions and consequences.

PICK a realistic solution and try it out.

An important part of this program is for students to continue discussing and practicing concepts outside the classroom. I'm hoping you can reinforce at home what we are learning in class. Ask your child about these concepts!

Thank you for your involvement. Please contact me if you have any questions about the Harmony program.

Sincerely,

Home-School Connections: Home Activities
Problem Solving Unit

Your child is learning about **Problem Solving** with Harmony SEL, our social and emotional learning program. The ideas below will reinforce what we are learning in school—there are activities to play, topics to discuss, and behaviors to role-model. These are all designed to fit into your daily routine and provide opportunities to further connect with your child.

- Ask your child to explain the turtle, shark, and owl approaches to resolving conflict. When watching TV or movies with your child, discuss the different conflict strategies illustrated. Ask your child if the approach was successful, and why or why not.
- Discuss the approach that different family members have used to resolve conflict, and the costs and benefits of each approach.
- Ask your child to explain the Step It Up approach to conflict resolution. When problems or conflicts occur at home, help your child practice using the Step It Up approach.
 - **Stop, Think, and Cool Off**
Take a break and regulate your emotions before you try to resolve the conflict.
 - **Talk It Out**
Engage in respectful dialogue and put both sides of the story out on the table.
 - **Evaluate the Possible Solutions**
Come up with solutions that are satisfactory to everyone involved.
 - **Pick a Realistic Solution**
Pick the solution that is best for everyone and try it out!
- Prompt your child to teach other family members and friends how to Step It Up.

An important part of this program is for students to continue discussing and practicing concepts outside the classroom. Thank you for your involvement in reinforcing at home what is being taught in class!