Talk it Out

Introduction:

Good morning everyone! How are you today? We are here from Manchester College and we are here to teach you all about how to solve problems and arguments.

Introductions: Name and one fun fact

Program objective: We are going to teach you creative ways to solve problems and arguments by “talking it Out” instead of saying or doing mean things. We will visit 3 times to teach you about how to handle problems in the correct way.

Vocab:

Today there are 3 very important words that we are going to learn. They are extra important to remember. They are big words, but I know you are all so smart that you will learn them in no time at all.

COMMUNICATION:

Our first word today is “communication.”

Does anyone know what communication means? For two people to communicate, it means both people take turns talking and listening.

Who do you communicate with everyday? Teachers, parents, friends, bus driver, siblings

Is it important that we communicate well? YES

Why is it important that we communicate well?

Practice:

Now, we will practice communicating with a partner – group students

The first person will tell their partner what their favorite animal is and why. Then the second person will tell what their favorite animal is and why.

When your partner is talking, should you be talking? No

What should you do when your partner is talking? Listening

After practicing – comment on what was noticed, what went well
By talking and listening when there is a problem, we can “talk it out” without calling mean names or fighting.

Differences:
Did you know that you all communicate with different people who like different things and may see things in a different way than you? Yes

Is this a good thing that we are all different? Yes – life would be boring if we were all the same.

Jessica:
Talks about how different feelings can sometimes make us angry

Calm Down:
When we get angry, we need to find a way to calm down. When others feel differently than we do and we get angry, it is important to try not to get too angry and to stay calm so that we can solve our problems.

To help us picture this, we can pretend our anger is like an elevator. Has anyone ever been on an elevator? How does it work? - when you push a button, you tell the elevator which floor to take you to. You control the elevator

Our anger works just like an elevator: you control what floor your anger goes up to.

Anger Elevator: Show poster

1st floor: When your anger is on the 1st floor, this is when you may be upset about something that someone has said or done, and you may choose to say something about it, but you are staying calm and willing to talk out the problem.

2nd floor: When your anger moves up to the 2nd floor, this is when your problem may lead to yelling or saying really hurtful things to each other by name calling.

3rd floor: If your anger moves up to the 3rd floor, this is the level where someone might get hurt because of hitting, shoving, or kicking. Is this the floor we should be on? NO
Is the second floor where you want to be? No

If your anger is on the 1st floor, where you can stay calm and talk out the problem, is that a good floor to be on? YES

So what floor should we try to keep our anger elevators on? 1st!

Kristen & Rachel: I messages

Explain what an I message is.

I feel___________ When ______________, I would like ____________________.

Give out I message recipe cards

Compare I message card to a recipe card

Demonstrate a conflict and use of I message

Have students practice

Review:

Review I messages and Vocab words

Say good bye – will be back next week!