Talk it Out: Lesson 1

Introduction:
Good morning boys and girls! We are here from Manchester College and we are here to present a series of lessons called “Talk it Out.”

Introduce Self- My name is Miss Kelly and my favorite shape is a triangle.

In this program, we are going to teach you creative ways to solve problems by “Talking it Out” instead of calling names or being mean.

We will be here 3 times to teach you about how to handle problems or arguments in a correct way!

Words:
Today, we are going to learn 3 big words that are very important to remember. These words will take a lot of explaining, but we know you are all very smart so you will be able to learn what they mean by the time we leave today.

We will play some games to help you learn these big words and we will have fun as well.

Communication:
Our first word for today is “communication.”

Can anyone tell me what it means to communicate?
Answer: For 2 people to “communicate,” it means that both people must take turns talking and listening (motions).

Have everyone repeat this with you!

Who do you communicate with everyday?
Answer: Teachers, parents, friends

So, do you communicate with a lot of different people? YES!

Is it important that we communicate well? YES!
Why is it important that we communicate well with our teacher?

Practice:
Now, we are going to practice communicating well with a partner! (Put in groups of two)
With your partner, you will choose one person to go first. The first person will tell their partner what their favorite animal is and why. Then, the 2nd person will tell their favorite animal and why.

Before we start, I have a few questions for you.
- When your partner is talking, should you be talking? NO!
- What should you be doing while your partner is talking? LISTENING!

Right, because when we communicate well, it means that we are TALKING and LISTENING!

When your group is done practicing communicating, I would like everyone to put your head down so we know that you are done and we can move on.

Are there any questions?

You may begin communicating!

**Done Practicing:**
You may put your heads up now!

Ok, so we all just practiced communicating well.

Now, going back to talking about solving problems, it is important that we communicate well to solve problems.

By talking and listening when there is a problem, we can “talk it out” without calling mean names or fighting.

**Differences:**
Now, did you know that you all communicate with different people who like different things and may see things in a different way than you might? YES!

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

**Lauren:** (Go to front when she talks about different feelings making us angry)

**Calm Down:**
So, when we get angry we need to figure out how to calm down.

Now, we are going to learn our last set of words for the day= CALM DOWN.
Let’s figure out how to calm down if others feel differently than we do. We need to try not to get too angry and stay calm so that we can solve problems and not make them worse.

**Anger:**
To work on our anger, we are going to pretend our anger is like an elevator.

Who can tell me how an elevator works?
   Answer: When you push a button, you tell the elevator which floor you want to go to and it takes you to that floor. So, you **control** the elevator.

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

**Anger Elevator:**
Let’s look at our anger elevator.
- **First 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.

- **Second 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.

- **Third floor:** If your anger moves up to 3rd floor, this is the level where someone might get hurt because of hitting, shoving, or kicking.
  Is this a good floor to be on? NO!

  If your anger is on 2nd floor where you may say hurtful things, is that a good floor to be on? NO!

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

When we get angry, we need to remember to calm down and stay on the 1st floor. This is the floor that you may still be angry, but you can try to “talk it out.”

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

**Lauren:** I-Messages
   Practice:
   Miss Nash, you’re such a nerd. You are always reading books!

   I do not, you don’t even know what kind of grades I get so be quiet!
Talk it Out Lesson 2

Introduction:

Good afternoon boys and girls! Do you remember us? My name is Miss Kelly and... (Lauren introduces herself.)

Today, we are here to continue a series of lessons called “Talk it Out.” This is our second visit and we will also be here again one more time.

We are here to teach you creative ways to solve problems without fighting or calling people names.

Now, who remembers what were the big words that we learned last week?

- COMMUNICATION  
  - What does it mean when two people communicate? (Hand motions: Talking and Listening)
- FEELINGS  
  - And, do we all have the same feelings? (NO!)
- CALM DOWN  
  - Who remembers how to calm down? (Use I-MESSAGES because they will help us keep our ANGER ELEVATORS on the first floor.)

Now, today we are going to learn about listening and how to see the other side. These are two more communication skills we need so that we can “Talk it Out” when we have a problem.

Lauren: (Listening)

See the Other Side:

If an argument does happen, we have already learned that it is important to listen and use I-messages to keep our anger elevators on the first floor, BUT now we need to ask questions to see the other side of the argument.

So let’s see how to figure out how to see the other side.

Popcorn:

Last week we talked about how our feelings were different and sometimes the same. Now, we are going to see some other differences we have by playing a game called “Popcorn.”
This is how you play the game: Everyone is going to stay in their own seat. I am going to ask a question out loud and if you answer “yes” to the question, then you will have to POP UP out of your seat like popcorn pops when it is being heated.

Miss Nash will demonstrate how you should do this.

- Miss Nash, do you like school? (YES, so she pops up and sits right back down)
- Do you see how she popped up, but then she sat down right away? You need to make sure that you sit down right after you pop up also.

Also, make sure to look around the room while you are popping up to see who else is and is not popping up because then we can see who is different and who is the same as us, ok?

LIST OF QUESTIONS!

Did we see each other popping up and down at different times? (YES, some of your friends popped up at different times than you.)

Can we still be friends even if we like different things? (YES, we are all different in one way or another so it is ok.)

Hole in the Fence:

Now, not only can we like different things, but we can see different things when we look at the same picture.

For our next activity, I want you to pretend that you are in the backyard of your house. There is a fence with a hole in it. Now, you are looking through the hole in the fence and something moves in front of the hole.

SHOW PICTURE!

What do you see blocking the hole in the fence? What could it be?

How can we find out what is on the other side of this fence? (Step around the fence and look, or ask someone standing over there to tell us what he/she sees from the other side.)

Now, let’s step around the fence and stand on the other side.

SHOW OTHER PICTURE!

What do you see now?

So, standing on one side of the fence, we saw something different than what was really there, right?
When we are looking through the hole and don’t really know what is there, all of our guesses could be right.

BUT, when we move to the other side, we actually see what is on the other side.

When we are all looking at something in front of our eyes, we need to remember that we can all see things in a different way.

So, when two people see things differently, they may start to argue or fight. Is that a good thing to start fighting? (NO!)

What should they do? (Try to see things from the other side by asking the other person what it is like on his/her side of the argument, just as we had to ask what was on the other side of the fence.)

Then, you need to remember to listen carefully to what they are describing to you.

By trying to see the other side and listening to the other person, we are trying to TALK OUT our problems rather than calling names or fighting!

Lauren: (Conclusion)