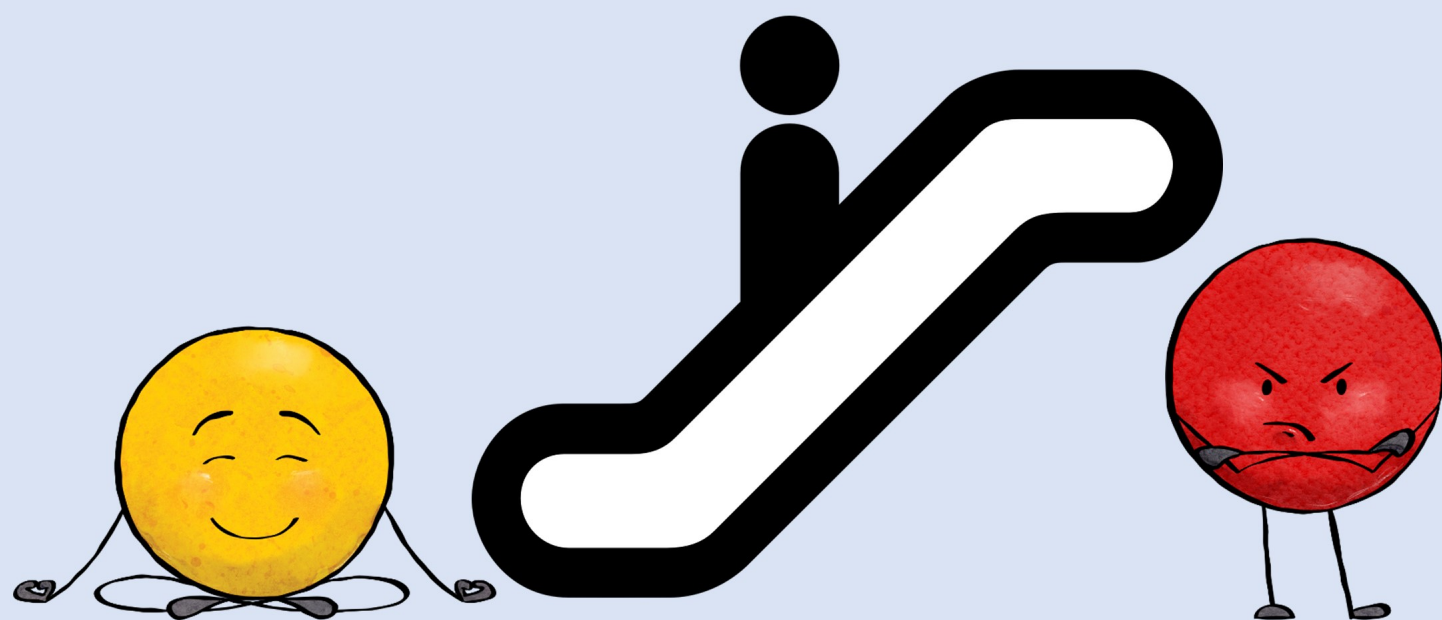


Conflict Escalator

LESSON PLAN



Are you **ESCALATING** or
DE-ESCALATING the conflict?

Conflict Escalator

MATERIALS: PowerPoint, sorting cards, scripts

ASCA MINDSETS/BEHAVIORS:

Demonstrate effective coping skills when faced with a problem, Create positive and supportive relationships with other students, Demonstrate social maturity and behaviors appropriate to the situation and environment

LINE CONTINUED:

each of the following stories:
Read the scenario aloud while
and the scenario aloud again
how their conflict goes up
student volunteers to ide
and touching a star) w
made a different choic
they could have done
could have been.

nts will
actions that
escalate and
fy words and
escalate

S: Relationship
management

ad a book about conflict where the characters make things worse.
Some recommendations include: Too Tall Houses by Gianna Marino,
Horrible Bear by Ame Dyckman, Desmond and the Very Mean Word
by Desmond Tutu

- At the beginning, what was the conflict about?
- At the end, what was the conflict about?
- Did the problem stay the same size or did it change?
- Could the characters have done something different?
- Back at desks/tables, go through the PPT → What is an escalator?
- Conflict, or problems with other people, can be like an escalator; it can go up or down.
- If a conflict is escalating, it means it is going up. Do you think this is a good thing or a bad thing?
- Sometimes when people have a problem with each other, they say or do things that escalate the problem, that make the problem bigger. If we're at the bottom of the escalator, we're just a little upset. If we're at the top, we're very upset.
- What are some things that you think would escalate a conflict?
- What are some things that you think would de-escalate a conflict?
- How can we de-escalate conflict?
- How can we resolve conflict instead of escalate?

Escalate
OR
De-Escalate?

Escalate
OR
De-Escalate?

Escalate
OR
De-Escalate?

Escalate
OR
De-Escalate?

Escalate
OR
De-Escalate?

Escalate
OR
De-Escalate?

Laugh at
them

Blame the
other
person

Threaten
them

Yell

Call them
a name

Tell them
what to do

Apologize

Use a
calm
voice

Use "talk
it out"

Ask for
help

Take
responsibility
for what you did

Ask the other
person why
they're upset

Rolling your
eyes

Get in their
personal space

Throw
something

Take
something
that belongs
to them

Ignore them
when they try to
tell you how they
feel

Push or hit
them

Keep your
body calm

Take a deep
breath

Take turns

Ignore it.
Let it go.

Listen to what
the other
person is
saying.

Make a deal

Escalates Conflict

(MAKES IT GET WORSE)

De-Escalates

(MAKES IT GET BETTER)

Escalates Conflict

(MAKES IT GET WORSE)

De-Escalates Conflict

(MAKES IT GET BETTER)

De-Escalates Conflict

(MAKES IT GET BETTER)

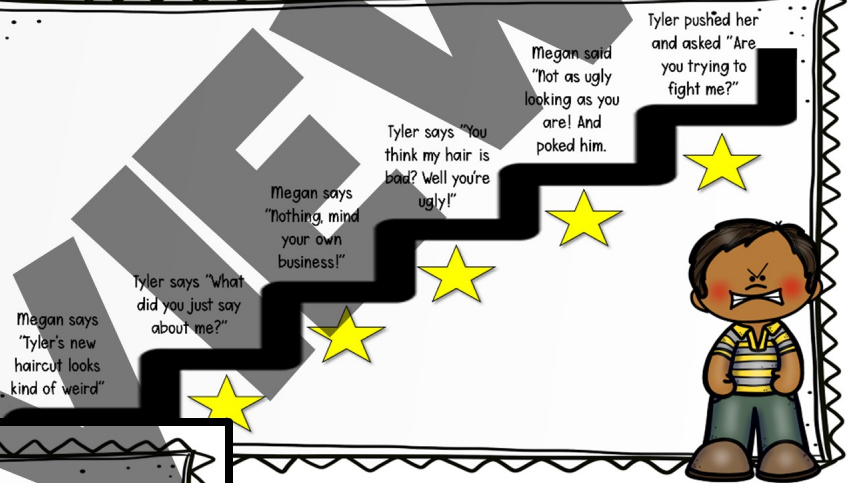
Conflict Escalator

Are your choices escalating the conflict and making it worse, or de-escalating the conflict and making it better?

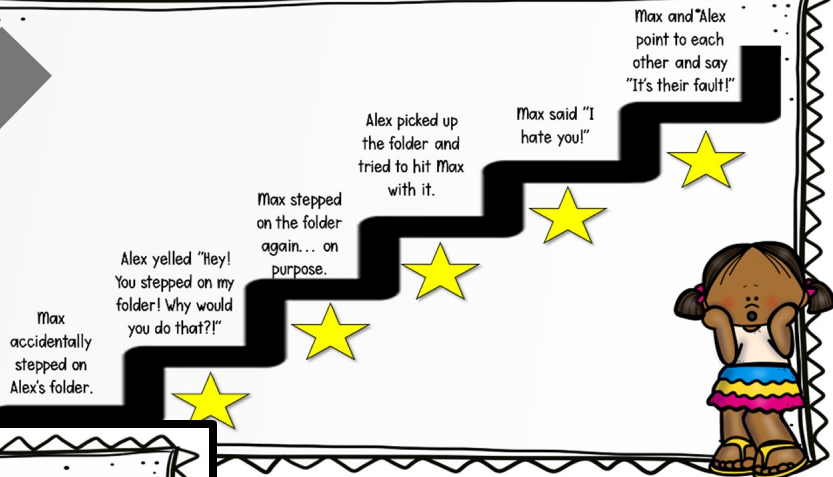


De-Escalating

Tyler walked past Megan and heard her say "Tyler's new haircut looks kind of weird." He stopped and said "What did you just say about me?" Megan said "Mind your own business!" Tyler said "You think you're bad? Well you're ugly!" Megan said "Not as ugly as you are!" and poked him in the chest. Tyler pushed her and asked "Are you trying to fight me?!" Megan looked like she was about to fight when the teacher walked up to them.



Max accidentally stepped on Alex's folder while walking past. "Hey! You stepped on my folder, do that?" yelled Alex. Then Max stepped on it on purpose. Alex picked up her folder and tried to hit Max with it but he moved out of the way. Max said "It's their fault!" The teacher heard him yell and asked "What's the problem?" Max and Alex pointed to each other and said "It's their fault!"

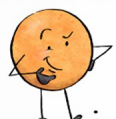


Escalating vs. De-Escalating Words and Action

- Sort all of the cards into two piles:
 - Escalating: Words and actions that make the problem worse
 - De-escalating: Words and actions that make the problem better
- Raise your hands to let me know you're finished sorting so I can check the results.
- Look at the cards that describe escalating things. Put your finger on a card that describes a conflict and make it worse.
- Look at the cards that describe de-escalating things. Put your finger on a card that describes a conflict and make it better.

Escalating vs. De-Escalating Conflict

- Which is easier to do, escalate or de-escalate?
- Why do people sometimes choose to escalate conflict?
- Why should we choose to de-escalate conflict instead of escalate it?



the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

