

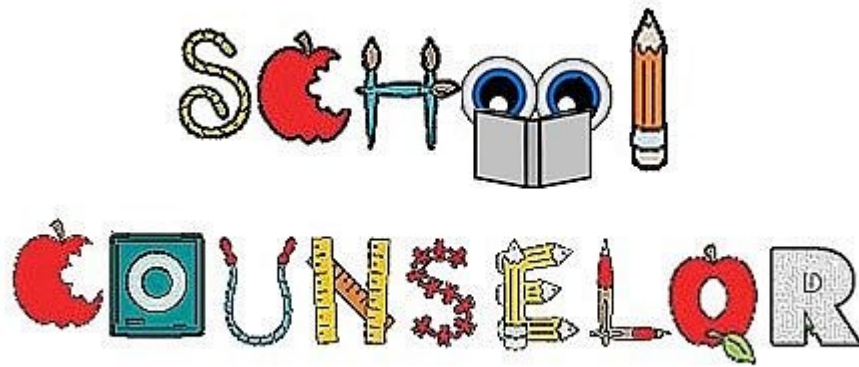
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Extension 2020

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A Guide to All Things Guidance

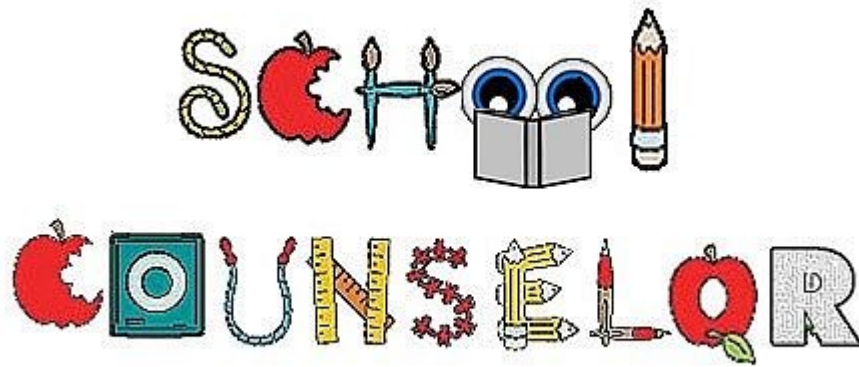




VOCABULARY

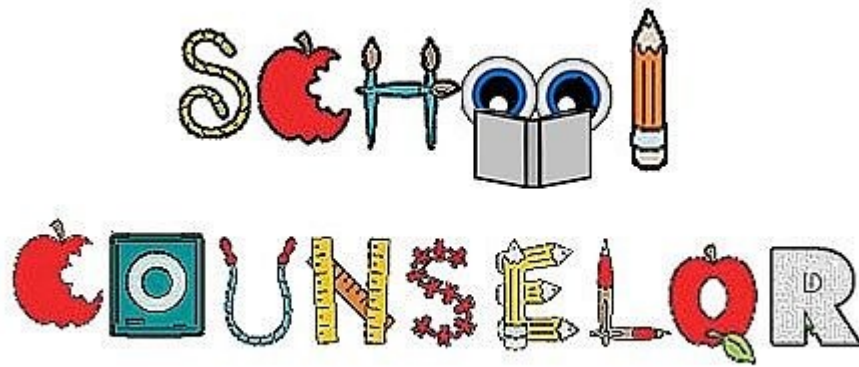
*in order of use

Unique	Special; Different
Self-Esteem	How we feel about ourselves
Empathy	Feeling with someone; To put yourself in someone else's shoes
Assertive	Acting strong and firm, but polite (e.g. using an "I feel" statement)
Bullying	Intentional (on purpose) mean behavior that happens repeatedly (more than once)
Decision	The act of making up one's mind
Outcome	What happens after you make a decision



VOCABULARY

Refusal	To say no
Respect	Treat others the way you want to be treated
Conflict	Disagreement; fight; argument
Resolution	Ways to solve a conflict
Escalate (a conflict)	Go up; increase
Deescalate	Go down; decrease
Communication	Sending verbal or nonverbal messages to another person



VOCABULARY

Peer Pressure

Strong influences to make a group member do something

Stress

Nervous, uptight, uneasy feeling

Stressor

Something that causes you stress

Responsibility

Showing a duty to deal with something

Perseverance

Never giving up

Career

Job; work; vocation

Entrepreneur

One who is willing to take the risks involved in starting and managing a business

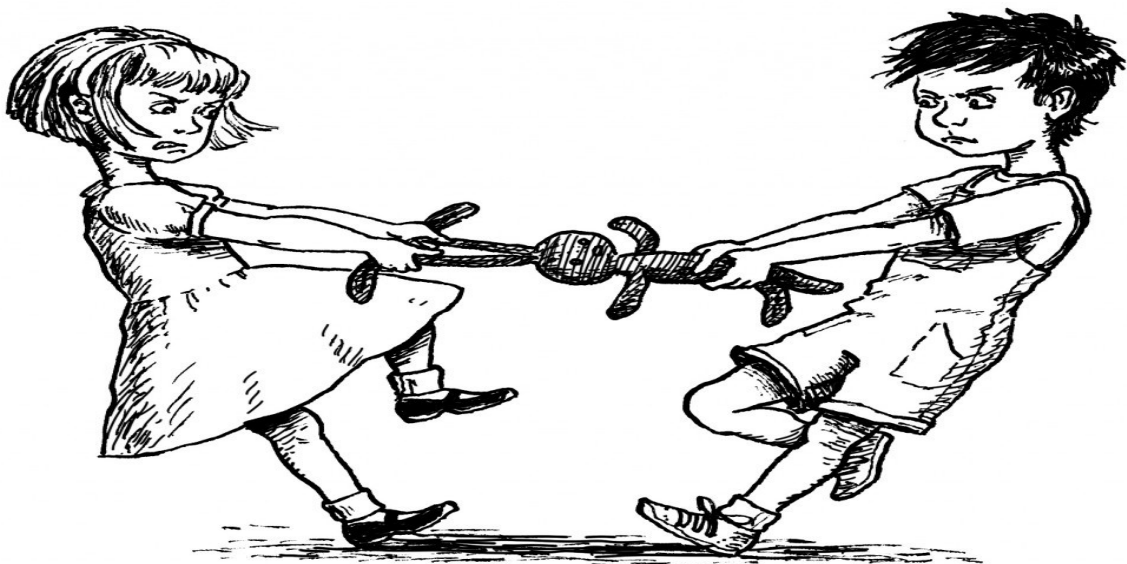
ABCD of Conflict Solving

A—Ask, “What’s the problem?”

B—Brainstorm solutions.

C—Choose the best solution for you.

D—Do it.





10 Ways to Solve Conflicts*

1. Ignore
2. Share
3. Apologize
4. Chance (e.g. roll a die, flip a coin)
5. Talk it out
6. Humor
7. Avoid
8. Compromise
9. Postpone
10. Get Help

*This is reviewed primarily with 3rd and 4th graders.

I feel . . . State how you feel.

When you . . . State the problem.

Because . . . State why.

EXAMPLE

I feel frustrated,

When you don't listen to what I am
saying,

Because what I am saying is important
and I want you to hear it.



An alternative to the 'I Feel' statement can be used for younger children.

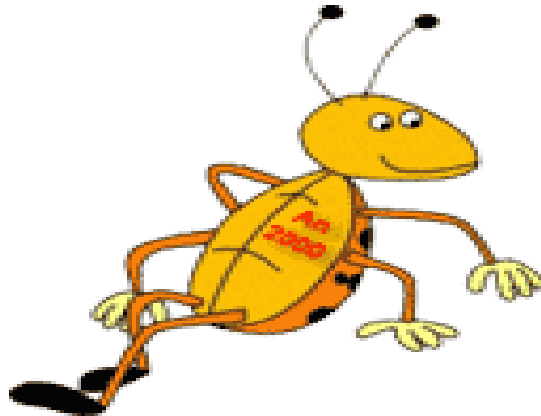
A Bug and A Wish

It bugs me when . . . State the problem.

I wish you would . . . State what you want the person to do.

EXAMPLE

It **bugs** me when you don't listen to me. I **wish** you would listen to me when I talk.



How to help kids handle stress

- Slow, deep breathing
- Listening to calming music
- Stretching
- Imagery
- Talking with a trusted
person
- Tightening and relaxing
muscles
- Drawing
- Reading
- Petting animals
- Exercise



Students are encouraged to try several techniques and find 1-2 that are helpful. As an adult, you can offer suggestions, but the final techniques should be chosen by the child.

I'm Sorry

for . . .

When I did this, I made other
people feel. . .

Next time, I . . .