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
<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Refusal</td>
<td>To say no</td>
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<tr>
<td>Respect</td>
<td>Treat others the way you want to be treated</td>
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<tr>
<td>Conflict</td>
<td>Disagreement; fight; argument</td>
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<tr>
<td>Resolution</td>
<td>Ways to solve a conflict</td>
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<tr>
<td>Escalate (a conflict)</td>
<td>Go up; increase</td>
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<tr>
<td>Deescalate</td>
<td>Go down; decrease</td>
</tr>
<tr>
<td>Communication</td>
<td>Sending verbal or nonverbal messages to another person</td>
</tr>
<tr>
<td>Vocabulary</td>
<td>Definition</td>
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<tr>
<td>Peer Pressure</td>
<td>Strong influences to make a group member do something</td>
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<tr>
<td>Stress</td>
<td>Nervous, uptight, uneasy feeling</td>
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<tr>
<td>Stressor</td>
<td>Something that causes you stress</td>
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<tr>
<td>Responsibility</td>
<td>Showing a duty to deal with something</td>
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<tr>
<td>Perseverance</td>
<td>Never giving up</td>
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<tr>
<td>Career</td>
<td>Job; work; vocation</td>
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<tr>
<td>Entrepreneur</td>
<td>One who is willing to take the risks involved in starting and managing a business</td>
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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 . . .