

# **Lemont-Bromberek Combined School District 113A**

## **Conflict Resolution/Violence Prevention Goals**

### **Kindergarten – Grade 2**

#### **Students Will:**

#### **Impulse Control, Goal-Setting and Problem Solving**

- Define impulsive behavior.
- Overcome troublesome social situations using problem solving.
- Reduce impulsive behavior using calming-down techniques so problem solving can occur.
- Define problems and brainstorm possible solutions.
- Select a fair, safe and workable solution and then try it and evaluate it.
- Control impulsive behavior by selecting an appropriate time to interrupt.
- Ignore distractions using problem solving.
- Use sharing, trading and taking turns as acceptable means for dealing with wanting something that is not yours.
- Learn to ask for help politely and patiently.
- Join an activity at the right time in a friendly way.
- Explore sportsmanship skills.
- Control impulses.
- Use problem solving strategies to ask permission.
- Get along with others by making an apology and offering to make amends.

#### **Empathy and Diversity**

- Use listening skills to identify others' feelings.
- Use situational, physical and verbal clues to identify others' feelings.
- Explore how internal and external clues help us recognize our own feelings.
- Find a trusted, empathic adult with whom to share as a way to cope with uncomfortable feelings.
- Recognize that people can have different feelings about the same situation.
- Explore how people's feelings can change.
- Predict others' feelings as a result of own or others' actions.
- Explore what makes a person feel proud.
- Recognize that people's preferences vary and can change over time.
- Realize how one's actions can affect another person.
- Be aware of not attributing hostile intent.
- Describe positive qualities in others.

#### **Communication, Cooperation and Anger Management**

- Recognize signs of anger.
- Identify reasons for controlling anger.
- Recognize external events and internal thoughts that may trigger angry feelings.
- Practice relaxation techniques that help reduce feelings of anger.
- Use positive self-statements that can increase success in pressure situations.
- Apply anger-management techniques and the problem-solving strategy to avoid physical altercations.
- Apply problem-solving techniques to deal with name-calling and teasing.
- Use the problem-solving process to deal with criticism.
- Use the problem-solving process to deal with being left out.
- Determine responsible behavior in dealing with the consequences of one's actions.
- Work together with peers to accomplish a school-related project.
- Identify and perform roles that contribute to one's classroom.
- Identify and perform roles that contribute to one's family.

## **Bullying Prevention**

- Differentiate bullying from other types of conflicts.
- Identify adults to whom students may report bullying behavior.
- Understand that bullying interactions include bullies, victims and people who know about or see the bullying.
- Recognize reasons that some students choose to bully.
- Name actions students can take to help prevent bullying.
- Apply strategies for standing up for themselves and peers.
- Work and play with diverse peers.