

#11983

STUDENT WORKSHOP: HOW NOT TO FIGHT

SUNBURST VISUAL MEDIA, 2000

Grade Level: K-3

15 Minutes



CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#12053 BUZZ, BUZZ, BUZZ: DID YOU HEAR ABOUT...?](#)

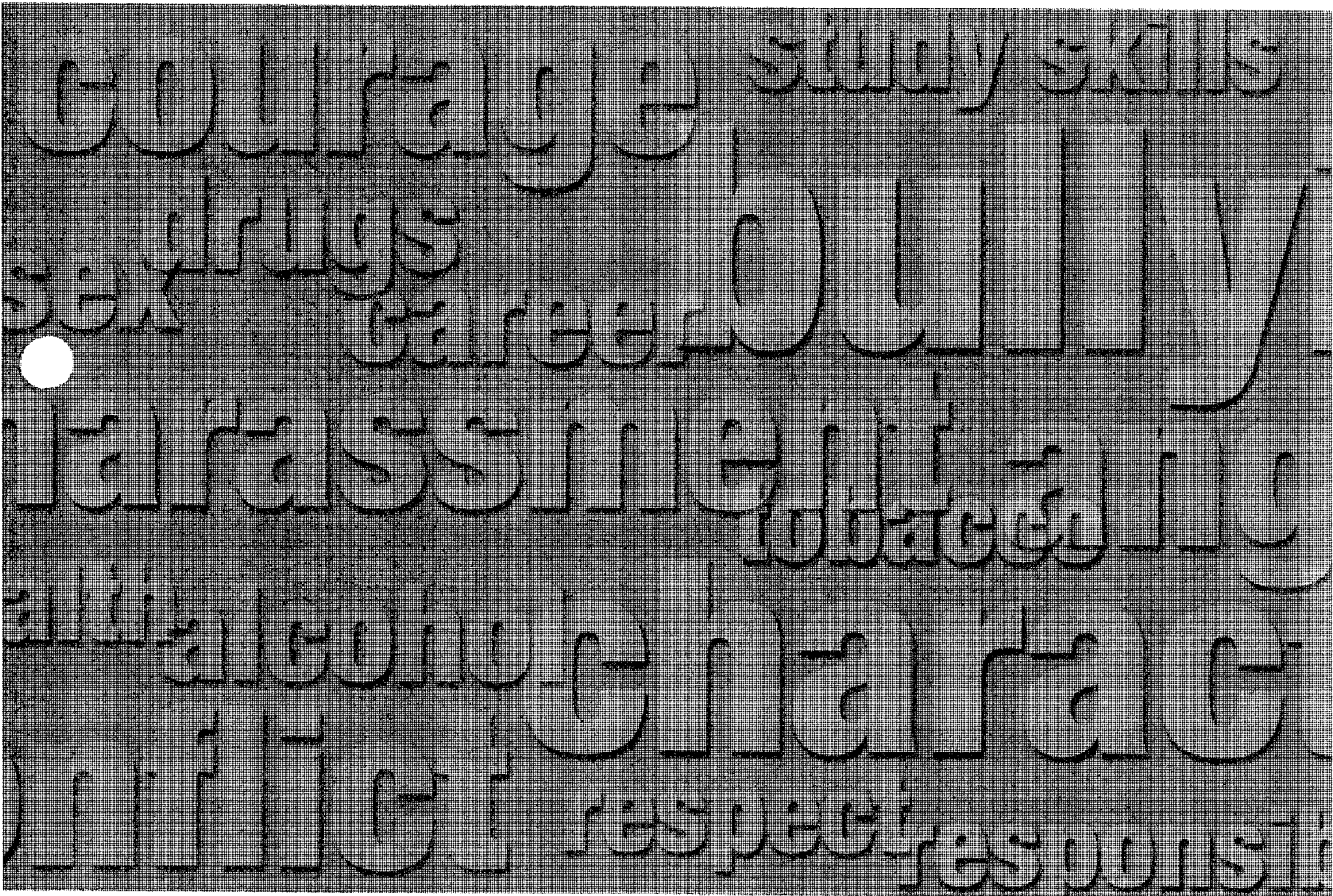
[#12054 LEARNING ABOUT HONESTY](#)

[#12056 DOING THE RIGHT THING: BUILDING CHARACTER](#)

[#12060 I SAID I WOULD AND I WILL](#)

[#12064 LET'S MAKE UP](#)

Student Workshop
How Not To Fight



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GRADES K-2

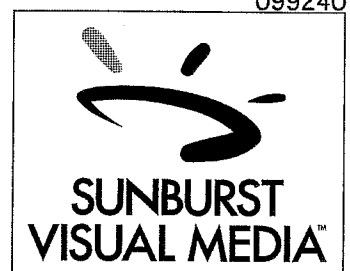


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Program Time 16 minutes

Program Overview

Why Should Children View *"How Not to Fight"*?

Student Workshop: *How Not to Fight* is a three-part workshop which illustrates ways of preventing fights by dealing with the angry feelings that lead up to them. Children in grades K-2 are in a transition period in which they are learning how to behave outside of their homes. This transition brings with it new demands to cooperate with other children, work and play in groups, and control socially unacceptable impulses like hitting, shouting, shoving, and throwing things. Children in this age group have fragile emotions and are often prone to angry outbursts directed at other children. This program offers children some simple steps they can follow to keep their angry feelings from turning into angry behavior.

Learning Objectives

Children will:

- learn how to recognize sudden feelings of anger.
- recognize that fighting will not solve their problems.
- learn to think before they act in an angry situation.
- learn the importance of talking and listening to others when a misunderstanding has taken place.
- understand some ways to solve a problem so that everyone is satisfied.

Program Content

- The host, a visitor from the planet Harmonia, introduces, discusses, and follows up each segment.
- Realistic vignettes portray children fighting and show how the fight could have been avoided.
- After each of the three parts of the program, viewers are given the opportunity to complete activity sheets dealing with what they have just seen. It is best if the program can be viewed and the activity sheets completed one session at a time.

Viewing the Program

Introduction

The host, Zorg, is on a mission from the planet Harmonia to teach young people on Earth how not to fight. After several brief vignettes of children fighting for various reasons, Zorg explains that fights can be avoided by following three simple steps.

Part 1 - Stop and Think

Miss Lebo's class is visiting a fire station. Fireman Rick announces that the children will get a chance to climb aboard a fire truck. But because of all the important equipment, anyone who doesn't behave won't be allowed on. As the kids head toward the truck, Daryl and Jared begin to push and shove each other because they both want to be first. Fireman Rick tells them they cannot go aboard the truck because they were fighting. The boys are very unhappy.

Zorg explains that instead of fighting, the boys could have tried Step 1 in learning how not to fight: Stop and Think. The scene is replayed. The two boys stop shoving, take a few deep breaths, and think about what will happen if they fight. They realize they will not get a turn on the fire truck, so they both stop pushing and get in line with the other kids. *The program pauses here for discussion and completion of the Activity Sheets.*

Part 2 - Talk and Listen

At Sean's birthday party a clown is making balloon animals for all the kids. She makes a giraffe for Erin and a bumble bee for Melissa. Afterwards, Melissa tries to trade her balloon with Erin. She tells Erin that she likes giraffes better than bumble bees. Erin replies that she likes giraffes too, and doesn't want to trade. When it's time to have cake, the girls put their balloons down on the floor and go inside. When they return, Melissa accidentally steps on Erin's balloon and breaks it. Erin appears and starts calling Melissa names. She grabs Melissa's balloon and breaks it, and this makes Melissa furious.

Part 3 - Solve the Problem

Zorg recaps the three steps in **How Not to Fight**, and viewers complete the final set of Activity Sheets.

Guidelines for Discussion

Create a Climate of Openness and Acceptance

- Encourage children to show respect for the opinions of others.
- Model this behavior yourself.

Establish Ground Rules

- Avoid put-downs, ridicule and sarcasm.
- Don't allow anyone to interrupt a speaker.
- Give students the option to pass if they don't feel like speaking.

Guard Against Inappropriate Self-Disclosure

- Be prepared to handle discussions without allowing students to expose too much personal information.
- Have strategies for moving the conversation along or for steering the discussion in a different direction.

Probe Beyond the Neat and Tidy Answers

- Children know how to tell adults what they think they want to hear. To find out what children really think, try prolonging a discussion to search for even greater depth.
- Remind children that there is no right or wrong feeling for any given situation.

Pause for Discussion

- Pausing for discussion after each segment of the program, and before doing the Activity Sheets, gives children the opportunity to reflect on the content more immediately as well as on their own experiences.

Discussion Questions

Preview Questions

1. How do you feel when you fight with someone?
2. What kinds of things make you angry enough to want to fight with someone?
3. Do you know any things you can do to keep from fighting with someone?

Part 1 - Stop and Think

1. Why did Jared and Daryl start fighting? What would you have said to them?
2. What happened as a result of their fighting? Do you think Fireman Rick was being too strict with them? Why? How do you think Fireman Rick felt?
3. Why was the situation different when the boys stopped to think before getting into a fight?
4. Have you ever gotten very, very angry with a friend? Tell about what made you angry. How did you show that you were angry? Did this help you?

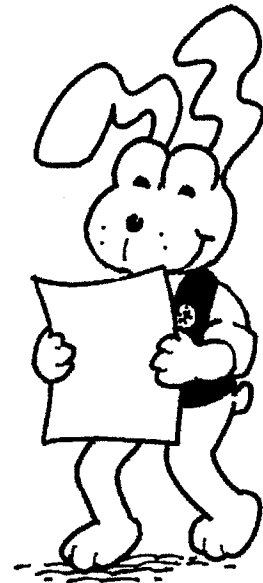
Part 2 - Talk and Listen

1. Do you think Erin was being mean by refusing to trade her giraffe balloon for Melissa's bumble bee? What would you have done?
2. Have you ever had a misunderstanding with someone? Tell about it. How did you work it out?
3. Have you ever tried to talk calmly to someone when you were very angry at them? Was it easy to do this, or very difficult?
4. How did talking and listening help to correct the misunderstanding between Erin and Melissa? Do you think the girls will continue to be friends?



Part 3 - Solve the Problem

1. What did Aaron and Kyra do to avoid getting into a fight with Amy?
2. What was the problem that the three children had? How did they solve the problem?
3. Why does a solution work best if everyone agrees to it? Would you have agreed to Kyra's solution?
4. Have you ever had a problem with a classmate over a project you were both working on? Tell about the problem, and how you solved it.



Suggested Activities



Art

Have children bring in shoe boxes and create dioramas depicting their ideas of the planet Harmonia, including Zorg and other Harmonians. Provide modeling clay and other materials for making the figures in the dioramas.

Art/Creative Expression

Help children make finger puppets out of old socks and scraps of various materials, and use them to act out situations from the program, the worksheets, or other situations they can come up with.

Creative Expression/Movement

Choose one of the vignettes from the program, or let children make their own choices. Invite students to "act out" their own versions of the story, using their own words, movements, facial expressions, etc.

Language Arts/Creative Expression

Ask children to think of names for the other members of Zorg's family, and to draw pictures of what they think Zorg's home on Harmonia might look like. This could also be a writing activity.

Communication

Invite children to tell about their own real experiences related to anger and fighting. Have children tell what they were angry about, how they handled the problem, and how they felt about it afterward. Follow the Guidelines for Discussion (page 4), being alert for children who may expose too much personal information.



Language Arts

Have the class discuss what happens when they fight:

- Do you yell and shout?
- Do you call the other person names?
- Do you hit, kick, or shove the other person?
- Do you feel like crying?
- Do you try to break something that belongs to the other person?

Next, discuss how these things not only prevent people from solving their disputes, but usually make them worse. Have children draw pictures for what they think can keep people from fighting. Put the pictures together into a book titled "How Not to Fight" and display in the reading corner.

Creative Expression/Language Arts

Divide the class into teams of two. Ask each team to make up a little skit in which something one person does makes the other one very angry, and what they both do to keep from having a fight.

Reading/Language Arts

Ask each child to read one of the books from the Reading List on page 15, and write or dictate a report on the book he or she has read. Have them illustrate the part of the story they liked best.

Art

Ask children to draw cartoon strips that show two people having a fight about something. They should show what happens to cause the fight, and how it finally ends.

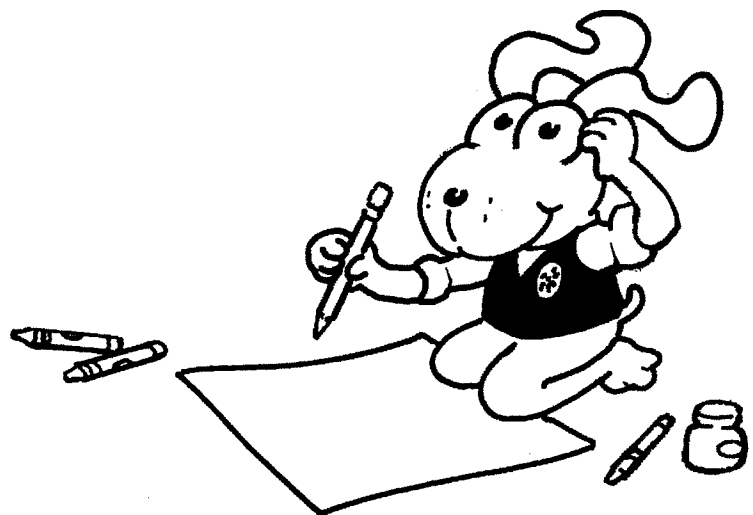


Language Arts

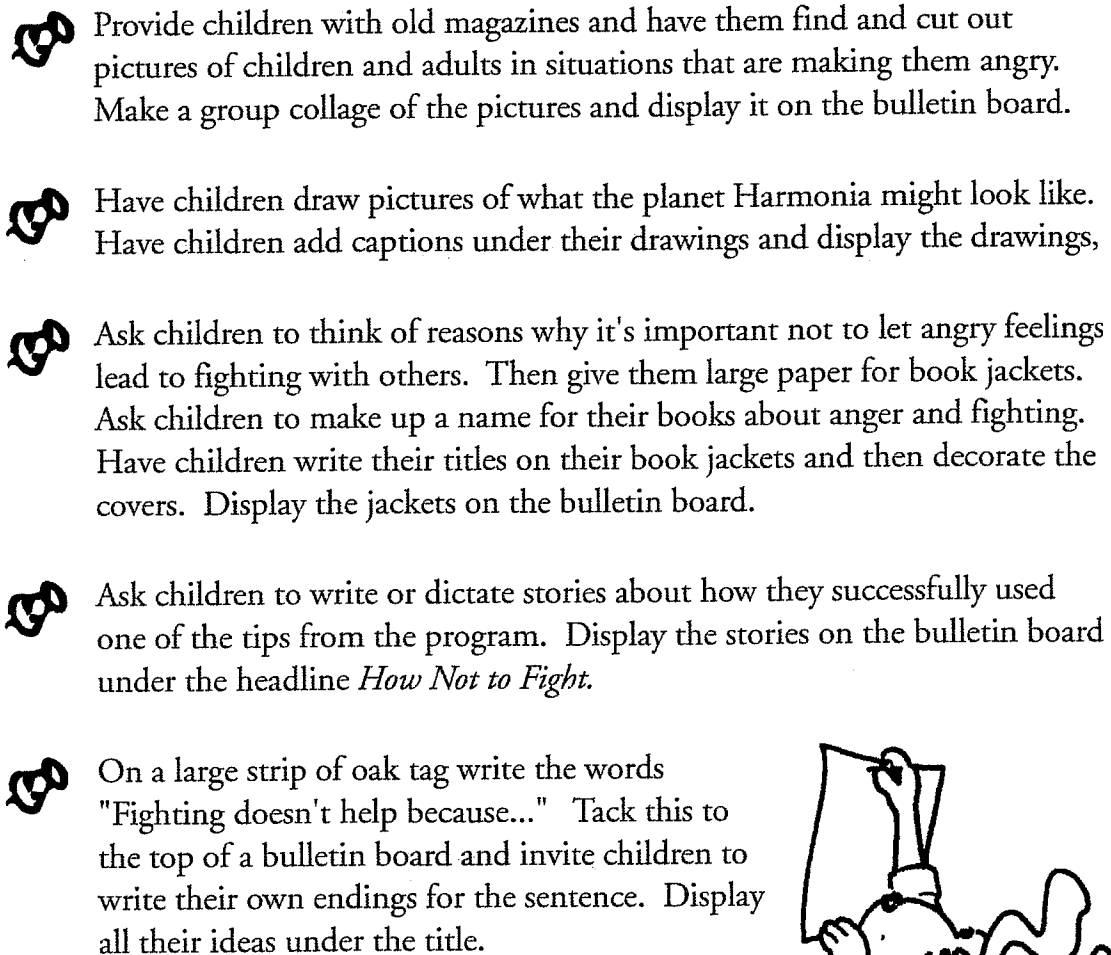





Ask children to report on a TV show or movie they have seen, or a book they have read, in which two characters get into a fight or argument. Have them tell how the fight started and how it was resolved.

Language Arts

Ask each child to make up one sentence about why it's not good to fight. Write the sentences on the board. As a variation, you can have the children write their own sentences on a large sheet of paper and illustrate them.



Bulletin Board Starters

- 
-  Provide children with old magazines and have them find and cut out pictures of children and adults in situations that are making them angry. Make a group collage of the pictures and display it on the bulletin board.
 -  Have children draw pictures of what the planet Harmonia might look like. Have children add captions under their drawings and display the drawings.
 -  Ask children to think of reasons why it's important not to let angry feelings lead to fighting with others. Then give them large paper for book jackets. Ask children to make up a name for their books about anger and fighting. Have children write their titles on their book jackets and then decorate the covers. Display the jackets on the bulletin board.
 -  Ask children to write or dictate stories about how they successfully used one of the tips from the program. Display the stories on the bulletin board under the headline *How Not to Fight*.
 -  On a large strip of oak tag write the words "Fighting doesn't help because..." Tack this to the top of a bulletin board and invite children to write their own endings for the sentence. Display all their ideas under the title.



Send-Home Page

Dear Family Member,

Your child viewed a program called **How Not to Fight**. The program dealt with ways to handle angry feelings so that they don't lead to a fight. Here are some ways you can help your child use the ideas he or she learned to keep from fighting with others.

- Here are some steps to avoid fighting that your child learned in the program. Reinforce these points by discussing them with your child.
 - Stop and cool down.
 - Think about the situation. Ask yourself, "What else can I do?"
 - Talk to the other person about what is making you angry.
 - Listen to what the other person has to say.
 - Solve the problem by coming up with ideas that everyone agrees to.
- Help your child use these ideas when you see that he or she is angry at someone.
- Role play different situations with your child, practicing the techniques your child learned in the program.
- Set a good example for your child by following these steps yourself whenever you can.

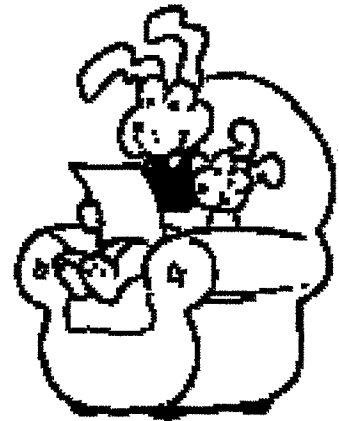
Suggested Reading

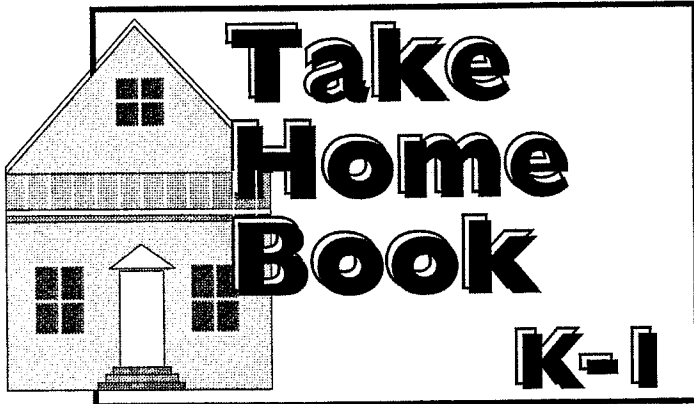
Rosie and the Yellow Ribbon by Paula DePaolo.

It's Mine! by Les Lionni

No Fighting, No Biting by Else Holmeland Minarik

The Terrible Fight by Sharon St. Germaine.






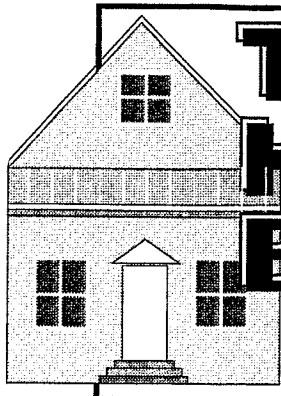
Cut and staple the pages to make a book.
Then draw pictures to go with the words.

Cassie tore my favorite book. **1**

I want to scream and yell at her. **2**

I think I'll stop and cool off. **3**

Maybe she didn't mean to do it. 



Take Home Book

Grade 2

Cut and staple the pages to make a book.
Then draw pictures to go with the words.

Clyde and his friends were
playing ball.

1

Clyde threw the ball to Rico.

2

The ball hit Rico in the arm.

3

"Why did you hit me?" asked Rico.

4

"I didn't mean it," said Clyde.
"I'm sorry."

5

"Oh, then that's okay," said Rico.

6

Suggested Reading

Reading for Educators and Parents

Davis, Jerry and Terry L. Hyland. *Angry Kids, Frustrated Parents: Practical Ways to Reduce Aggression in Your Children*. Boys Town Press, 1999. A readable, practical book with sound advice for helping children resolve ordinary conflict situations.

Reading for Grades K-2

DePaolo, Paula. *Rosie and the Yellow Ribbon*. Little, Brown, 1992. A story of an interracial friendship in which two girls quarrel, but later make up.

Goodsell, Jane. *Toby's Toe*. William Morrow, 1986. A boy gets angry and sets off a chain reaction of angry events that affect many people all day long. A comical lesson in cause-effect relationships.

Hoberman, Mary Ann. *And To Think That We Thought We'd Never Be Friends*. Crown Publishers, 1991. A fight between siblings and its happy resolution leads the people in a whole neighborhood to realize that making friends is better than fighting.

Hopper, Nancy J. *Ape Ears and Beaky*. Dutton, 1994. Scott, a boy with a hair-trigger temper, learns not to overreact to teasing and perceived slights. A fast-moving, clever, and funny story.

Lionni, Leo. *It's Mine!* When the island they are fighting over nearly sinks, three frogs realize they'd be better off sharing.

Minarik, Else Holmelund. *No Fighting, No Biting*. HarperCollins, 1987. An *I-Can-Read* classic all about how to behave.

McGovern, Ann. *Scram, Kid!* Viking Press, 1974. Joe gets angry when he isn't allowed to join the baseball game and yells at the children who are rejecting him. A good discussion-starter.

Sharmat, Marjorie. *Rolla and Juliet, Forever*. Doubleday, 1981. A delightful account of the friendship between two cats, a quarrel that interrupts the friendship, and how the friendship gets renewed.

St. Germain, Sharon. *The Terrible Fight*. Houghton Mifflin, 1990. The terrible fight between two friends makes them realize their friendship is too important to allow the fight to keep them apart.

Udry, Janice May. *Let's Be Enemies*. Harper Trophy, 1988. Friends John and James have a falling-out after John gets tired of James's bossy ways, but once they agree to be enemies, they become fast friends again.

Ziefert, Harriet. *Mike and Tony: Best Friends*. Puffin, 1987. Two boys accustomed to sharing everything suddenly have a real fight.

Zolotow, Charlotte. *The Hating Book*. HarperCollins, 1969. Two girls who are friends have a falling-out after a misunderstanding. A good discussion-starter.

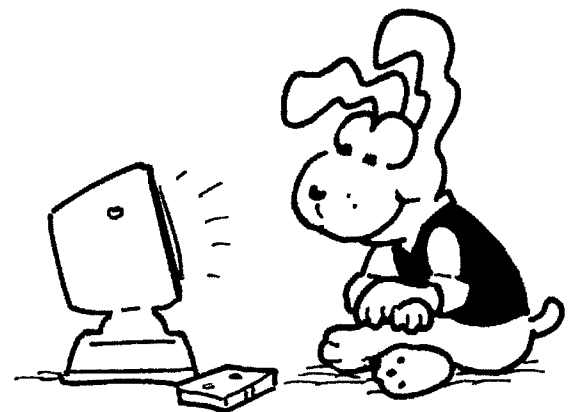
_____. *The Quarreling Book*. Harper & Row, 1963. The whole James family is affected by the rain except the dog, who saves the day.

Related Materials from Sunburst Visual Media, a division of Global Video, LLC

"Ten Things to Do Instead of Hitting"
21-minute program for Grades K-2

"We Can Work It Out: Conflict Resolution"
11-minute program for Grades K-2

"Student Workshop: Working It Out"
21-minute program for Grades K-2



Script

Student Workshop: How Not to Fight

ZORG

Greetings Earthlings, my name is Zorg. I come in peace from the planet Harmonia. I am here on special mission to teach the young people of Earth an important lesson—how not to fight. Come on in. I have observed from my spacecraft that many of you have a problem getting along with each other. For example...

JARED

It's your fault we lost the game.

DARYL

Are you crazy! It's your fault.

...

ERIN

You're bossy. I don't like you.

MELISSA

I don't like you either.

...

AMY

Out of the way, I'm first!

ZORG

You see what I mean? All that name-calling, and blaming, and pushing. So many people end up hurt and upset. But it doesn't have to be that way. Now that doesn't mean you'll never get really mad at someone—because everyone gets angry. But I can show you ways to work things out when you're angry, without fighting—so everyone gets along a little bit better.

Stick with me and I'll teach you how *not* to fight just by following three simple steps. I'll go through those steps one by one, and then you'll have a chance to practice what you've learned. I'd like to begin our lesson by showing you an incident I recorded several weeks ago.

During Fire Prevention week at school, Ms. Lebo's class went on a field trip to their local fire station. The fireman showed the students the different kinds of special clothes they wear and special equipment, too. Everyone was having fun and learning a lot about fire safety. Then Fireman Rick made an announcement.

FIREMAN RICK

As a special treat, we're going to let everyone climb aboard the fire truck, one at a time, and put on the flashing lights and honk the horn. But we need to be very careful because there's a lot of expensive equipment on board. So anyone who doesn't behave, won't be allowed on. Now, I need everyone to walk very slowly over toward the front of the truck.

ZORG

Everybody walked to the front of the truck, but Daryl and Jared started pushing and trying to be first. They both got at the front of the truck at the same time. By that time they were really shoving each other.

JARED

I was first!

DARYL

No, I was first!

JARED

Stop pushing!

DARYL

Get out of the way!

ZORG

When Fireman Rick saw Daryl and Jared fighting, he pulled them both aside.

FIREMAN RICK

Hey, remember what I said? Sorry guys, you don't get a turn.

JARED

Why not?

FIREMAN RICK

Because you were fighting

ZORG

Daryl and Jared had to stand by and watch as all of their classmates take a turn sitting on the fire engine and honking the horn.

Look what fighting about being first got Jared and Daryl! They're both disappointed and they're both still mad. So, what else could they have done instead of fighting? Well, they could have tried the first step in learning how not to fight—stop, so you can cool down, and think.

STOP and THINK**ZORG**

Now this is a very important. When you get mad or upset STOP! Don't act out your anger by hitting or pushing or calling names. STOP, so you can cool down.

Once you cool down, then THINK. Look over the situation. Ask yourself "What else can I do?" Let's see how "Stop and Think" could have worked for Daryl and Jared.

JARED

I'm first!

DARYL

No, I'm first!

...Hmm, the fireman said if we fight, we won't get a turn.

JARED

If we get into a fight, we're not going to be able to get in the fire truck.

ZORG

See how "stop, so you can cool down, and think" can help you from fighting?

When Jared and Daryl stopped to think, they realized if they kept on fighting they wouldn't get to go on the fire truck at all!

So using "Stop and Think" is our first step in learning how not to fight.

Right now I have to make some flight adjustments. But before I do, I'm going to beam down some Stop and Think Activity Sheets so you can practice what

we've just learned. When you're finished, just tune into this same frequency and we'll continue with our lesson on "how not to fight." Okay?

Pause program to work on "Stop and Think" Activity Sheets 1-4

Part 2 - Talk and Listen

ZORG

Ah, welcome back young Earthlings. Now that you know the first step in learning how not to fight—Stop and Think—we're ready to continue your training. You know, one of the biggest causes of fighting is when there's a misunderstanding. A misunderstanding is when you think you know why something happened, but you really don't.

A misunderstanding can happen anytime—even between friends. Let's see what happened at Sean's birthday party. Let's watch...

Everybody was having fun at Sean's birthday party. Valentine the Clown was busy entertaining everyone by having them guess what kind of balloon animals she was making.

CLOWN

All right, who can guess what this animal is?

ZORG

Everyone tried to guess, and finally Erin guessed correctly.

ERIN

It's a giraffe.

CLOWN

You're right. So here, you get to keep it.

ERIN

Thank you.

ZORG

Valentine the Clown continued to make a different animal for everyone at the party. Then, afterwards, Melissa tried to trade her balloon with Erin.

MELISSA

Erin, look. The clown made me a bumble bee. Do you want to trade?

ERIN

Why?

MELISSA

I like giraffes better.

ERIN

Me too. I really like giraffes.

MELISSA

Please. Come on, were friends.

ERIN

I know. But I still want my giraffe.

CLOWN

Say everybody, come on inside the kitchen—it's time for cake.

ERIN

Let's get some cake.

ZORG

As they went for cake, Erin put her balloon on the ground. So did Melissa. Then they left to join the others.

When it was time to go home, Melissa came back to pick up her bumble bee balloon. But she accidentally stepped on Erin's giraffe and it popped. Melissa was surprised. And Andrew, who saw it happen shouted...

ANDREW

Oh, Melissa! You popped Erin's balloon!

ERIN

You meanie! You popped my balloon on purpose because I wouldn't trade!

ZORG

Erin grabbed Melissa's balloon, threw it on the ground, and popped the bumble bee.

MELISSA

You dummie! Why did you do that?

ZORG

Did you see what happened? Erin thought Melissa popped her balloon on purpose. She was mad. And that started a fight. But that fight didn't have to happen at all.

What could Erin have done instead of breaking Melissa's balloon and calling her names? Hmmmm...you got it! She could take the first step in how not to fight and that's: "Stop and Think."

First, Erin should Stop so she can calm down.

Then she can Think about what to do.

ERIN

I'm mad. What should I do?

ZORG

Now Erin is ready to go to the next step and that's, "Talk and Listen."

ANDREW

Melissa! You popped Erin's balloon!

STOP and THINK

ZORG

First, Erin "Stops and Thinks" so she won't act out her angry feelings by hitting or calling names. Then she tries "Talk and Listen."

ERIN

Melissa, I'm so mad that you broke my balloon!

MELISSA

I didn't mean to. It was an accident. I just wasn't looking—and I stepped on it.

ERIN

Oh, I thought you broke it because I wouldn't trade with you.

MELISSA

No. But I'm really sorry I broke it. Do you want mine?

ERIN

No, that's okay.

MELISSA

Maybe the clown can make you another one.

ERIN

You think? Let's ask.

ZORG

Did you see how "Talk and Listen" can help stop a fight from happening?

Erin was able to tell Melissa that she was angry in a calm way without acting out her anger. And then Melissa got the chance to tell what happened.

Well, it's nighttime on my planet of Harmonia, time for me to rest. But, this is a great time for you to practice and learn more about "Talk and Listen." I am going to beam down some Talk and Listen activity sheets. When you're finished with them, turn your monitor back on to this same frequency and we can resume transmission. So long for now. Bye.

Pause program to work on "Talk and Listen" Activity Sheets 7-11

Part 3 - Solve the Problem

ZORG

Greetings young Earthlings. We are now ready to discuss the third and final step in learning how not to fight. As we have already learned, the first step is "Stop and Think," the second step is "Talk and Listen." To learn about the third step, let's look at a situation that happened in a classroom not too long ago.

You see, Amy, Aaron, and Kyra were working together on a science activity. Their job was to make a display of your solar system. They had to draw the sun and all nine planets, and then paste them on a piece of paper in the proper order. And they had to get everything done before lunch, so they didn't have a lot of time. They had all their materials and were ready to get working. But Amy was being a little too bossy.

AMY

Okay, I'll draw the planets and cut them out. Aaron can color them, and Kyra you can glue them on.

ZORG

Kyra was mad, and Aaron was angry, too. They didn't like being told what to do. However, instead of acting out their angry feelings, Kyra and Aaron both stopped so they could cool down and think.

Aaron thought that they had to get their project done before lunch. If they got into a fight, they'd waste a lot of time. Kyra was thinking that if she yelled at Amy for being bossy that would only make things worse. Then they tried Step 2—Talk and Listen.

TALK and LISTEN**AARON**

Amy, I don't like it that you're telling us what to do.

AMY

I'm only trying to organize the project.

KYRA

And I don't want to do all the gluing. It's too messy.

AMY

Well, what should we do?

ZORG

So far, even though Aaron and Kyra are angry with Amy for being bossy, they're doing a great job of avoiding a fight. They used "Stop and Think," then "Talk and Listen." Now they're now ready for the final step in learning how not to fight.

Step 3 is Solve the Problem.

Now Amy, Aaron, and Kyra have to find a way to solve the problem. To do that, they have to come up with different ideas, then choose the one that everyone can agree to. Let's see how they do that...

SOLVE THE PROBLEM**AARON**

How about if I draw all the planets, Kyra cuts them out, and Amy colors them? Then we can all do glue.

AMY

What if I draw the planets, and Kyra colors them, and Aaron cuts them out?

KYRA

I don't like those ideas, because I want to draw some planets, too.

ZORG

Well, Aaron and Amy came up with ideas to solve the problem, but Kyra didn't like any of them. Remember, everyone has to agree to the solution. Let's see if they can come up with an idea that works for everyone.

AARON

Well, what else could we do?

KYRA

I've got an idea: since there are nine planets, why don't we each make three—draw, color, cut, and paste.

AARON

Yeah, that way we can all have a turn at each job!

AMY

That's fair.

ZORG

Everyone agrees with Kyra's idea, and that solved the problem. By following all three steps, they worked things out and avoided a fight.

Well, it's almost time for me to return home to the planet of Harmonia, but before I go, I'd like to review the three steps that will help you to avoid a fight and get along better with other people.

Step 1: Stop and Think. This will let you cool down so you won't act out your angry feelings and hit someone or call them names.

Step 2: Talk and Listen. Doing this makes sure everyone knows how you feel and helps you avoid a misunderstanding. And it helps you to know what the other person is thinking, too.

Step 3: Solve the Problem. Come up with ideas that everyone agrees to.

ZORG

Thank you young Earthlings. Now you know how not to fight. Practice these steps every day and you will help to make your classroom, your home, and someday your entire planet a place where everyone can get along without fighting. Peace.

Work on "Solve the Problem" Activity Sheets 12-15

The End

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How Not to Fight	Activity Sheet 6

Part 2 - Talk and Listen

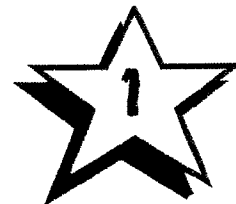
"You Did It On Purpose!"	Activity Sheet 7
Words from a Word	Activity Sheet 8
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Part 3 - Solve the Problem

Solve the Problem	Activity Sheet 12
Try Different Ideas	Activity Sheet 13
Word Search	Activity Sheet 14
The Path to Harmonia	Activity Sheet 15

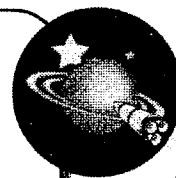
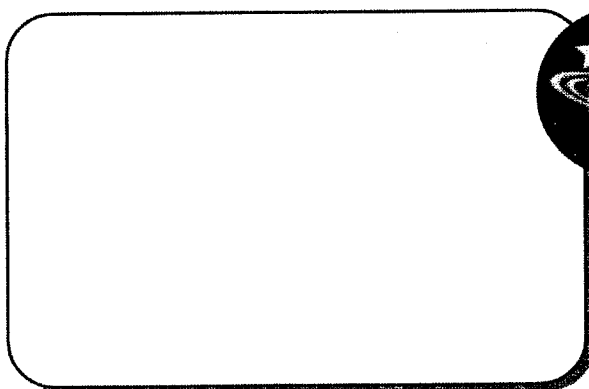
Name _____

PART 1
Stop and Think



Planet People

On the planet Harmonia, all the people are friendly and live together in harmony. That means they all get along with each other. There is no fighting. Draw a picture of someone who might live on the planet Harmonia.



Now make up your own name for each of the planets below. Work with a friend if you like. Then draw a picture of someone who might live there.

A planet where everyone is always **sad**.

Name: _____

A planet where everyone is always **angry**.

Name: _____

A planet where everyone is always **jealous**.

Name: _____

A planet where everyone **fights** all the time.

Name: _____

Name _____

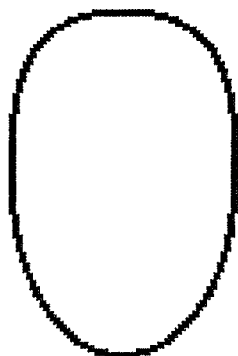
PART 1
Stop and Think



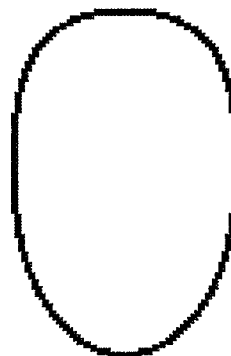
"Cooling Off"

Daryl and Jared were not allowed to go on the fire engine because they were fighting. Draw their faces when they learned they had to stay behind.

Daryl

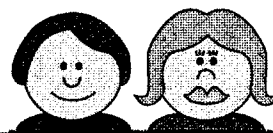


Jared



Choose a partner and role play what the boys might have said to each other.

**Things were different
when the boys followed
the first step in learning
how not to fight →**

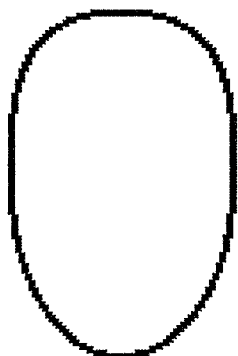


STEP 1
STOP and THINK

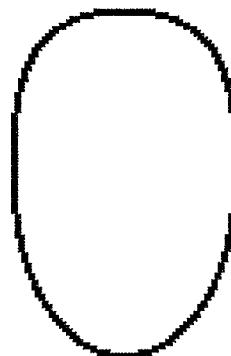
Role play the "cooling off" scene between Daryl and Jared.

Now draw the boys's faces after they have stopped, cooled down, and thought about their problem.

Daryl



Jared

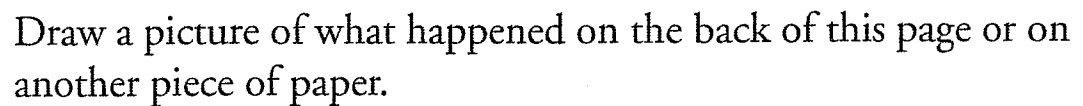


PART 1

Stop and Think



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Name _____

PART 1
Stop and Think



What Can You Do Instead of Fighting?

Read each sentence. Then tell what you can do instead of fighting.



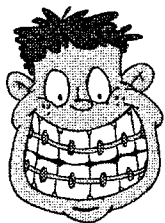
Your best friend is having a birthday party, and everyone in the class got an invitation but you.

Instead of fighting with your friend, you can... _____



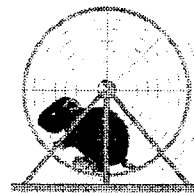
Your sister ate the cookies that you were saving for your snack.

Instead of fighting with her, you can... _____



One of the boys in the class keeps making fun of you because you just got braces on your teeth.

Instead of fighting with him, you can... _____



Your brother went into your room to look at your hamster. He left the door open and the hamster got out.

Instead of fighting with your brother, you can... _____

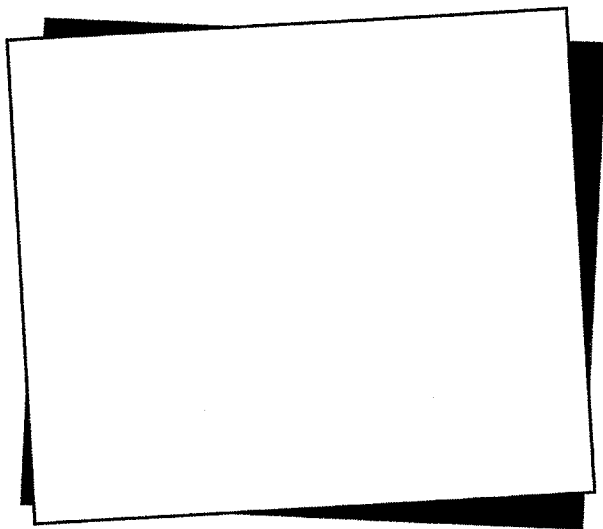
Name _____

PART 1
Stop and Think



Freddie the Fighter

Freddie the Fighter is always fighting. He fights with his classmates. He fights with his brother and sister. He fights with the other kids on his block. What do you think Freddie the Fighter looks like? Draw a picture of him.



Can you think of three words to describe someone like Freddie? Write them below.

1 _____ **2** _____ **3** _____

Do you think Freddie has a lot of friends? Why or why not? _____

If you knew Freddie the Fighter, what advice would you give him?

Name _____

PART 1
Stop and Think



How Not to Fight

When you finish the activity sheets for Part 1, color in the words on the bottom step of the ladder. Save the paper and color the words on the second step after Part 2, then color the third step after Part 3. When you reach the top, make a rainbow in the box.

SOLVE THE
PROBLEM

TALK & LISTEN

STOP & THINK

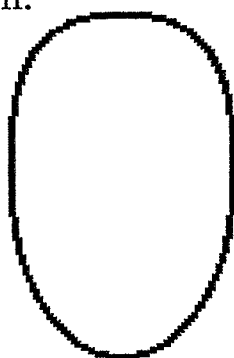
Name _____

PART 2
Talk and Listen

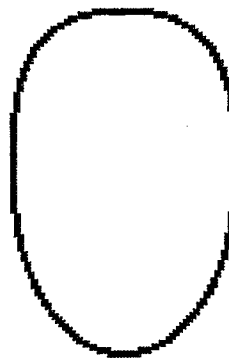


"You Did It On Purpose!"

Melissa accidentally stepped on Erin's balloon and broke it. Draw the faces of Melissa and Erin.



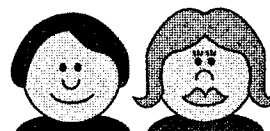
Melissa



Erin

Choose a partner and role play what the girls might have said to each other.

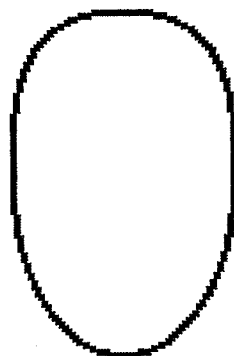
Things were different
when the girls followed
the next step in learning
how not to fight →



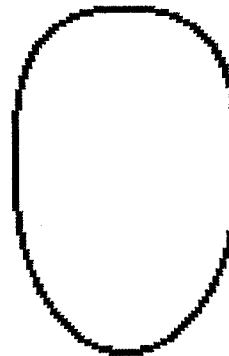
STEP 2 **TALK and LISTEN**

Role play what happens when Melissa and Erin talk to each other instead of fighting.

Now draw the girls after they have talked about their misunderstanding.



Melissa



Erin

Name _____

PART 2
Talk and Listen



Words from a Word

What is a “misunderstanding”? Write your own definition of the word. _____

There are a lot of smaller words hiding in the big word “misunderstanding.”
How many of them can you find? Write all the words you find on the
lines below.

MISUNDERSTANDING



_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Draw a picture of two people having a misunderstanding.

Name _____

PART 2
Talk and Listen



Words from a Word - Answer Key

What is a "misunderstanding"? Write your own definition of the word. _____

There are a lot of smaller words hiding in the big word "misunderstanding."
How many of them can you find? Write all the words you find on the lines below.

MISUNDERSTANDING



STANDING

SUN

IS

UNDER

TAN

AN

STAND

AND

mess

DING

DIN

sing

Draw a picture of two people having a misunderstanding.

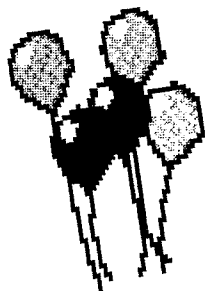
Name _____

PART 2
Talk and Listen



What Caused the Fight?

What was the misunderstanding between Erin and Melissa? Circle the sentence that best tells about it.



Melissa broke Erin's balloon because Erin wouldn't trade with her.

Erin thought Melissa broke her balloon on purpose.

Melissa thought Erin was going to give the balloon to someone else.

Talking and listening to someone is much better than fighting. Put a ✓ in front of the things that the girls said that helped to stop a fight from happening.

____ "You meanie!"

____ "Why did you do that?"

____ "You broke my balloon on purpose!"

____ "I'm so mad that you broke my balloon."

____ "You dummy, I hate you!"

____ "I didn't mean to. It was an accident."

____ "I'm sorry. Do you want my balloon?"

Draw a picture of your favorite animal made out of balloons.

Name _____

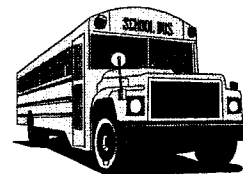
PART 2
Talk and Listen



What Would You Say?

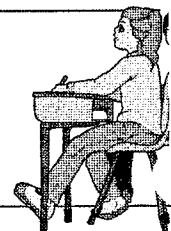
You can usually stop a fight from happening by talking and listening to the other person. For each situation below, write what you would say instead of starting a fight.

- 1** A kid at your bus stop pushes you really hard as you are getting on the school bus together.



You say _____

- 2** The girl in front of you sticks out her foot and trips you as you are walking past her desk.



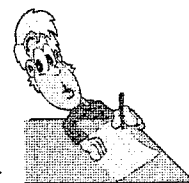
You say _____

- 3** One of your classmates loses his lunch money and tells the teacher you took it.



You say _____

- 4** You are taking a test and the boy sitting next to you keeps looking at your paper.



You say _____

- 5** You lend your favorite book to a friend. When you get it back, there are pages missing.



You say _____

Name _____

PART 2
Talk and Listen



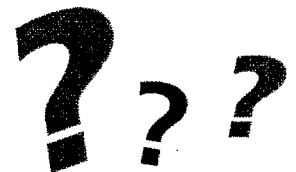
Talk and Listen

Sometimes when a person makes you angry, you feel like fighting. But you know it would be better to stop and think, talk to the person, and try to solve the problem. Write down different ideas for solving the problems below without fighting. Talk to a partner if you like.

Your brother yelled at you for messing up his room when you weren't even in it.



Your friend called you a liar, and you don't know why.



One of your classmates took your lunch and hid it.



Name _____

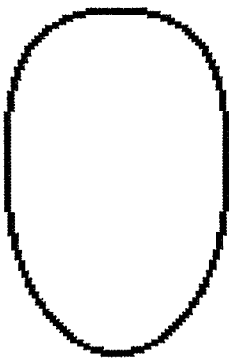
PART 3
Solve the Problem

12

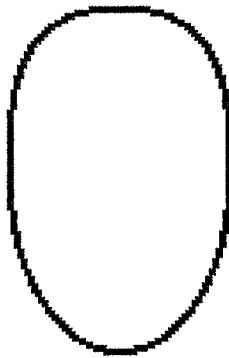


Solve the Problem

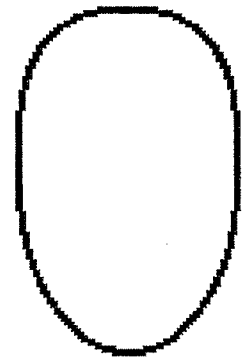
Amy, Aaron and Kyra were working on a science project. Amy was being bossy, and Aaron and Kyra were angry. Draw the faces of Amy, Aaron and Kyra.



Amy

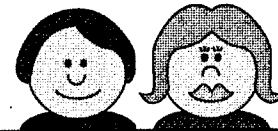


Aaron



Kyra

Choose two partners and role play what the children might have said to each other.

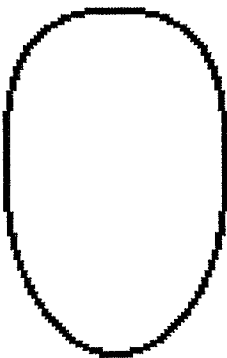


Things were different when the children followed Step 3 in learning how not to fight →

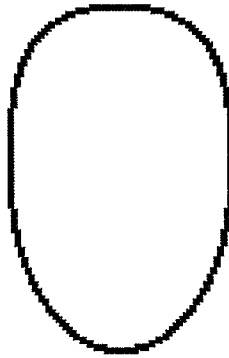
STEP 3
SOLVE THE PROBLEM

Role play what happens when Amy, Aaron and Kyra think of ways to solve the problem instead of fighting.

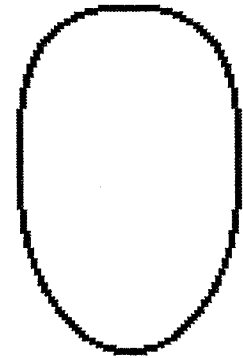
Now draw the children's faces after they have solved the problem.



Amy



Aaron



Kyra



Try Different Ideas

There are ways to solve a problem without fighting. For each problem below, fill in the circle next to the best thing to do.

- 1** You can't find your backpack. Then you see a boy with a backpack that looks just like yours. What should you do?

- ☐ Call him a thief.
- ☐ Grab the backpack away from him.
- ☐ Ask him if you can look at the backpack.



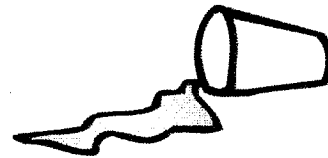
- 2** Your friend has a new soccer ball that you'd love to try out, but she won't let you touch it. What should you do?

- ☐ Tell her she can't play with any of your toys.
- ☐ Hide the soccer ball so she can't find it.
- ☐ Ask her if you can play with it together.



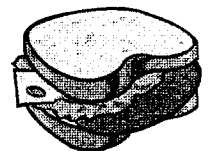
- 3** At dinner, your brother spills juice all over your mashed potatoes. What should you do?

- ☐ Call him an idiot.
- ☐ Pour your juice on his plate.
- ☐ Ask him to help you clean it up.



- 4** At lunch, your friend sits down with someone else and tells you there is no room at the table for you. What should you do?

- ☐ Ask them if they would like to move to a bigger table.
- ☐ Tell your friend not to speak to you ever again.
- ☐ Call them both names.



Name _____

PART 3
Solve the Problem



Word Search

All the words in the box have to do with how to keep from fighting. See if you can find where the words are hidden in the puzzle. Some go up and down (vertical), some go across (horizontal) and some are at an angle (diagonal). Draw a line around each word you find. Use colored markers if you like.



C	F	X	F	I	G	H	T	L	A
A	A	E	M	V	E	X	O	M	K
V	T	L	E	R	H	O	E	L	C
O	H	R	M	L	C	L	A	E	S
I	I	L	T	L	B	T	U	V	O
D	N	L	A	O	I	S	I	U	L
G	K	E	R	H	L	S	T	R	V
Y	D	P	T	R	I	W	T	O	E
I	A	N	G	R	Y	T	T	E	P
Z	K	H	E	A	G	R	E	E	N



AGREE	FEEL	SOLVE	ANGRY
FIGHT	STOP	AVOID	IDEA
TALK	CALM	LISTEN	THINK
COOL	PROBLEM		

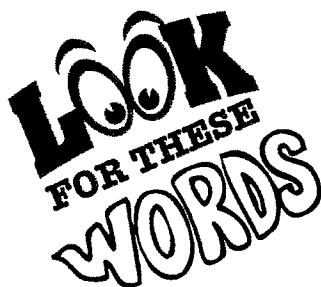
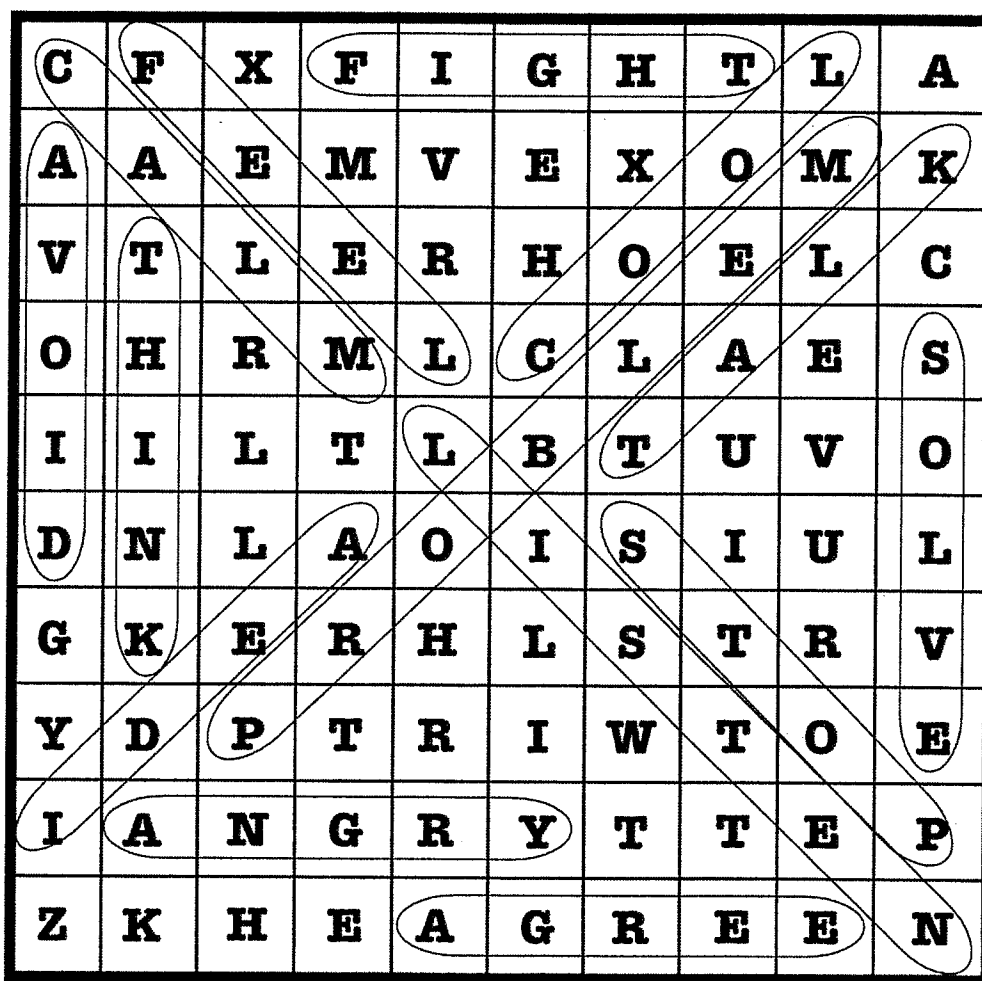
Name _____

PART 3
Solve the Problem



Word Search - Answer Key

All the words in the box have to do with how to keep from fighting. See if you can find where the words are hidden in the puzzle. Some go up and down (vertical), some go across (horizontal) and some are at an angle (diagonal). Draw a line around each word you find. Use colored markers if you like.



AGREE	FEEL	SOLVE	ANGRY
FIGHT	STOP	AVOID	IDEA
TALK	CALM	LISTEN	THINK
COOL	PROBLEM		

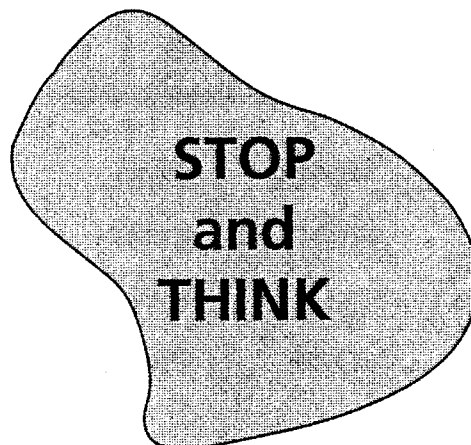
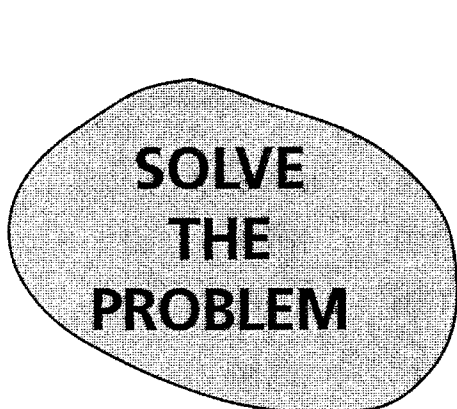
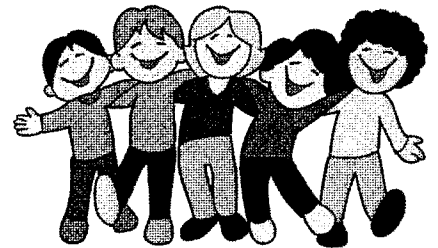
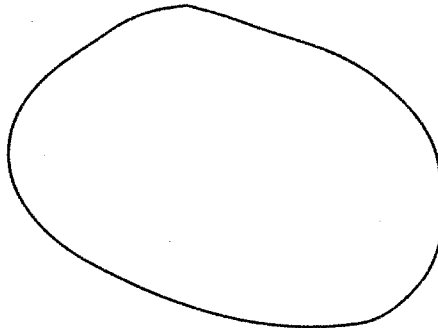
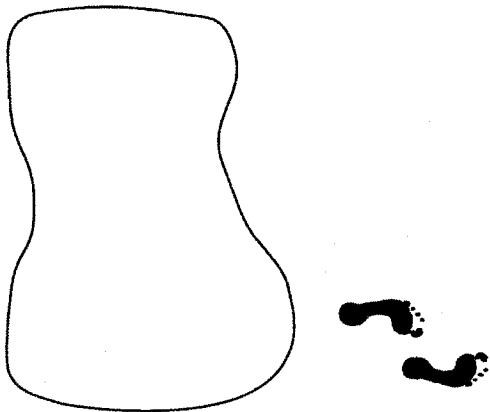
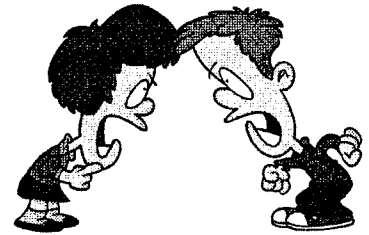
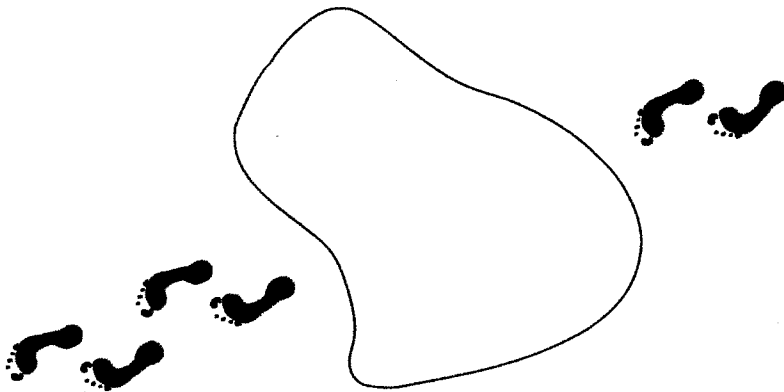
Name _____

PART 3
Solve the Problem



The Path to Harmonia

The stepping stones at the bottom of the page are all mixed up. Can you cut them out and paste them in the right order on the path?



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