

Help Others Find Solutions (Elementary)

Have you ever had friends or siblings who couldn't resolve a disagreement and needed help? When your friends need help resolving a conflict, you can use the strategy ***help others find solutions***. When you ***help others find solutions***, you learn as much as you can about the problem, avoid taking sides, and help them listen to each other.

When you ***help others find solutions***, you encourage each person to be honest and ask questions. It is also important to acknowledge each person's feelings.

There are seven steps to ***finding a solution***, and your role is to guide them through the process. You can remember each step by thinking of the colors in a rainbow.

Steps to ***help others find solutions***:

- Step 1. Red: Ask Partner A to ***voice their perspective*** by explaining how they feel and what they think.
- Step 2. Orange: Ask Partner B to ***summarize*** what Partner A has just said.
- Step 3. Yellow: Ask Partner B to ***voice their perspective*** by explaining how they feel and what they think.
- Step 4. Green: Ask Partner A to ***summarize*** what Partner B has just said.
- Step 5. Blue: Ask Partner A to share a few ideas for resolving the conflict.
- Step 6. Indigo: Ask Partner B to share a few ideas for resolving the conflict.
- Step 7. Violet: Ask both partners to work together and decide how to resolve the conflict.

I used the strategy ***help others find solutions*** when my friends Jason and Maxine were arguing over whose turn it was to be the librarian for our classroom library. I reminded my friends that it's okay to have disagreements and have big feelings. I told them I knew a strategy that would help them resolve their disagreement. I started by drawing a rainbow that had all seven colors: red, orange, yellow, green, blue, indigo, and violet.

I pointed to the red band and asked Jason to ***voice his perspective*** by explaining how he felt and what he thought. He said, "I feel excited when I am the class librarian because I can help others. I want to be the class librarian today." Then I pointed to the orange band and asked Maxine to ***summarize*** what Jason had said.

After Maxine ***summarized*** what Jason had said, it was her turn to explain how she felt and what she thought. I pointed to the yellow band and asked her to ***voice her perspective***.

After Maxine explained what she wanted to happen, I pointed to the green band, and it was Jason's turn to ***summarize*** what Maxine had said. When we got to the blue band, it was Jason's turn to share a few ideas for how they could end the disagreement. Then I pointed to the indigo band and asked Maxine to share her ideas for ending the disagreement.

Finally, I asked them to work together and agree on what they should do to end the disagreement. I asked Jason and Maxine to consider each other's ideas. After they talked through each of the ideas, they agreed to be co-librarians for the day.

I was able to help my friends ***find a solution*** to their problem by remembering the colors in the rainbow. The next time you have friends or siblings who can't agree on what to do, use the strategy ***help others find solutions*** to help them resolve the conflict.