

Plan My Response (Elementary)

Has there ever been a time when you were in a disagreement with someone and you said or did something that made it worse? Have you ever wanted to explain your feelings but instead gave up and walked away? When we experience a disagreement, we choose how we respond to conflict. Choosing to act like a competing shark, an avoiding turtle, a collaborating owl, an accommodating teddy bear, or a compromising fox during a disagreement will affect what happens next.

The strategy ***plan my response*** will help you plan the best reaction for the situation and help you clearly communicate your perspective.

I used the strategy ***plan my response*** when my class was working on a project for parents' night. I was excited to work with my friend Amelia on the project, and we decided to draw pictures of our daily schedule to show parents. We were going to draw the math center, reading center, PE, and music. I told Amelia I would gather up the crayons and markers if she would get the paper. When I came back from getting the crayons, Amelia had already drawn each of the activities. I was so mad because I wanted to draw. I wanted to yell, "Why didn't you wait for me?" Instead, I remembered to ***pause and ponder***. I took a deep breath and thought about my feelings. Why was I feeling so mad? It was because I felt left out and didn't get to help draw the activities. Then I used the strategy ***plan my response*** to think about what I wanted to say and do next. Did I want to be a shark, a turtle, an owl, a teddy bear, or a fox? I imagined what would happen for each response. I knew that being a shark and yelling could upset Amelia. I knew that being a turtle and not explaining my feelings could result in Amelia doing the whole poster without me. I cared about helping with the poster, so I decided to be an owl—I explained my feelings calmly and listened to Amelia explain why she had started the poster without me.

I said, "I know you were excited to get started on the poster, but we should take turns drawing. When you drew each of the activities without asking me, I felt left out. Can we please talk about what to do next?" Amelia apologized and explained that she was afraid we would run out of time to draw the poster. She had tried to save time by getting started. I understood why Amelia started the drawings without me. By ***planning my response***, I could respectfully explain how I felt and listen to Amelia. We understood each other and avoided an argument. We agreed to start over and take turns drawing each of the activities.

Using the strategy ***plan my response*** will help you think through feelings and actions and decide what you want to say or do.