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PROJECT



Conflict resolution cards

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 Erasmus+KA227Project:S.T.O.P



This booklet contains 8 activities which we can use with students to enhance empathy:


1. Self-instructions to calm down
2. Think sheet
3. Ear-chair, Mouth-chair
4. The Suitcase
5. Pass the cup
6. The wave
7. Mixed house
8. Crazy Trains

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Self-instructions to calm down



 6-12 years

 5-10 minutes

Skills:
Self-control



THINK SHEET



What have I done?



Shout



Push



Fight



Bite



Insult



Mock



From 3
years



10 minutes

How have I made the other person feel?



Happy



Sad



Angry



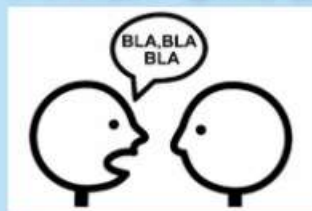
Scared



Confused

Skills:
Peaceful
resolution
of conflicts

What should I do next time?



Talk calmly



Leave



Give a hug



Find a
teacher



Say,
"Please stop"




Ear-chair, Mouth-Chair



Instructions

We need 2 chairs

 3-12 years

 The whole course

Skills:
Peaceful resolution
of conflicts

Two students who have a conflict decide to go to the corner. In the corner, each one occupies one of the chairs. The occupant of the ear-chair will listen to his/her partner and cannot speak to avoid interruptions. The other student, in the mouth-chair, can speak about what happened and how it felt. When finished, they swap chairs and the other student explains their point of view and emotions. They switch chairs again so that the child sitting in the mouth-chair proposes a solution to the conflict, and then, they switch the places again so that the other proposes his/her solution.





WE KNOW EACH OTHER "THE SUITCASE"



We need a suitcase

Instructions

 3-12 years

 1-2 months

Skills:
Classroom climate
& group knowledge

One day the teacher takes a suitcase to class and takes out 3 special objects, for example boots because he likes mountaineering, a novel that he likes a lot...

The teacher invites a student, every day, to bring three special objects and classmates can ask questions about these objects.

All students will end up taking their favorite objects and thus, little by little they will get to know each other more.



PASS THE CUP

We need a cup with water



5-12 years



5-10 minutes

Skills:

Trust in colleagues

Group Cohesion

Instructions

Fill a small cup of water up to one centimeter below the edge of it.

Have the students line up or make a circle. Pass the cup to each other without spilling any of its contents. The teacher helps the children pass the cup of water carefully.


Then, have them do it with their eyes closed.



THE WAVE



Instructions

 3-12 years

 1-5 minutes

Skills:

Concentration

Connect

Group Cohesion

The teacher says, "Can anyone describe what "making the wave" is all about?"

Help the children form a line or circle and show them in which direction the wave will move, then choose one of them to start the game.

- Show them the starting position and movement;
- Explain that the second player has to start when the first player has his hands in the air and so on.
- When you say, "Ready, set, go!" start.
- Encourage them to go faster
- Then, we change direction

MIXED HOUSE



Instructions

Divide all the students into groups of three, except for one student who becomes the 'game director'. In each group, two students hold each other's hands forming a 'house'. The third student goes in between and becomes the 'house resident'.

When the game director says, "house resident", all the house residents (students in the middle) run to a new house. The game director should also run to a house. The one student left, who did not make it into a new house, becomes the new game director.

The game continues with a new game director each round. The game director can call out the: house resident (students in the middle), left wall (student on the left side of the house), or right wall (student on the right side of the house).



4 and above



1-5 minutes

Skills:

Group Cohesion

CRAZY TRAINS

Instructions

Have the groups form into trains. Only the last person of the train can keep their eyes open, everyone else maintains their eyes closed. The last person is the one who controls in which direction the train moves.

In order to make the train move, the person in the back will tap the back of the person in front them. And then that person taps the back of the person in front of them. All the way until it reaches the person in the front. The taps are:

Tap on the center of the back: go straight forward

Tap on the right shoulder: move one fourth to the right

Tap on the left shoulder: move one fourth to the left

Tap (Softly) on the head: walk straight backwards

Squeeze (softly) on both arms: stop walking



From 8
years



20 minutes

Skills:

Group Cohesion