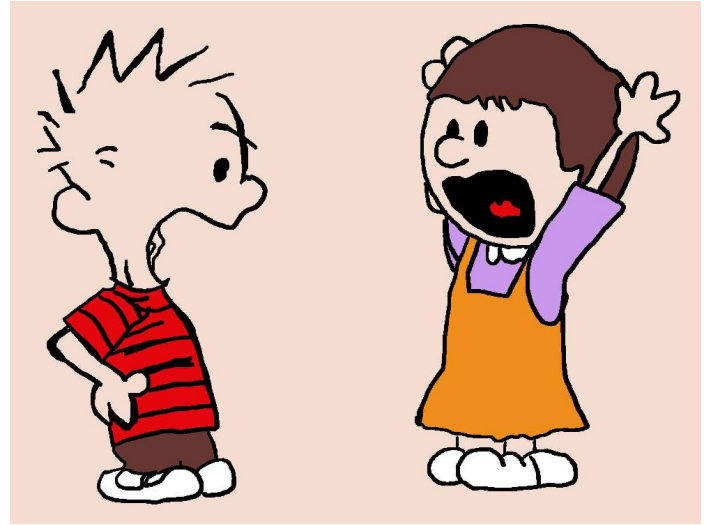




I FEEL BECAUSE

Often when we disagree with people or when we hurt someone else's feelings by accident, we start to argue. We want to be right. We don't want to admit that we were wrong or that we did something wrong. But when we disagree, sometimes it's important to talk about how we feel, and it's always important to listen to how others feel.



Steps:

Have students act out situations from conflict cards that you create. After they inevitably argue, stop the role play.

Ask other students what could they have done differently?

Work on sentences that start with "I feel" and explain a feeling. So in a conflict, instead of arguing, you talk about how you feel. That changes the focus from who is right and who is wrong to understanding the other person's perspective and feelings.

Have the students try the role play again. This time have them focus on how they feel when they communicate.

Did it go better this time? Have students pair up and grab conflict cards. They have to act out in pairs the various situations using "I feel because" sentences.

Can we do that in life? When we're in situations that are difficult can we talk to people about how we feel instead of why we're right? Will that help us solve more problems?