

The ART of Making Friends

Conflict Resolution for Kids: Step-by-Step Guide

1. Cool Off First

Take a few deep breaths or count to 10.

Walk away for a moment if you're too angry or upset.

Use words like "I need a minute" or "Can we take a break?"

 Why it matters: Calmer minds solve problems better!

2. Use "I" Statements

Instead of blaming, share how you feel:

"I feel upset when you don't let me have a turn."

"I felt hurt when you said that."

 Why it matters: It helps the other person understand your feelings without feeling attacked.

3. Listen to the Other Person

Stay quiet while they talk.

Look at them and try to understand their side.

Repeat what they said to show you get it: "So you're saying..."

 Why it matters: Listening shows respect and helps everyone feel heard.

4. Find the Problem Together

Ask:

"What happened from your side?"

"What do you think we can do about it?"

 Why it matters: Working together to name the problem makes solving it easier.

5. Brainstorm Solutions

Think of ways to fix it:

Take turns

Share

Apologize

Make a fair plan

 Tip: Make sure the solution works for both people—not just one.

6. Agree and Move Forward

Pick a solution that feels fair.

Shake hands, give a high five, or just say "Okay!"

Try it out and talk

 Why it matters: Solving conflicts helps friendships grow stronger.