

Program Summary and Benefits

A HOLISTIC APPROACH TO CONFLICT MANAGEMENT

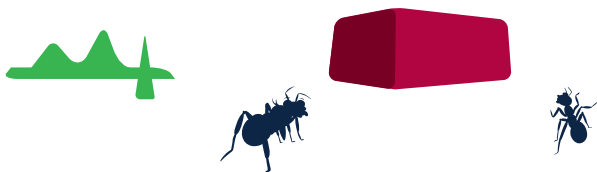
In Kelso's Core Conflict Management Curriculum kit, we lay out nine ways for students to solve small problems on their own. In this new kit, we deep dive a little more and take a holistic approach to include conflict prevention and post-conflict growth. We do this in two ways.

First, by teaching a foundation of emotional regulation built on mindfulness. When students can recognize their own escalating emotional states—and know how to de-escalate—there will be fewer conflicts that need managing.

Secondly, we integrate the 5 Kelso character traits into the conflict management curriculum. Respect, Responsibility, Caring, Fairness, and Honesty are presented as universal expectations. That is to say, we all have a right to expect those behaviors from others, and others have a right to expect them from us. Students who habitually treat others with Fairness, Honesty, Caring, Respect, and Responsibility will also have fewer conflicts that need managing.

Combined, these components can help build an empathetic and compassionate community.

- **Incremental & Consistent:**
Small, easy, daily goals are ideal.



Your students will become as strong as ants!

PROGRAM BENEFITS & OUTCOMES: SELF-REGULATION

EMOTIONAL FLUENCY

Students will develop an emotional vocabulary that allows them to think about and discuss their feelings in a constructive manner.

Students will know that feelings are not bad, it is okay to feel all of their feelings.

Students will understand that they are still responsible for their behavior when they feel bad.

MINDFULNESS

Students will recognize the physical sensations associated with emotions and will notice when their emotions are escalating.

Students will know how to manage their big feelings and de-escalate them.

Students will recognize how others are feeling.

Yoga

Students will develop their mind-body connection with various yoga poses.

Breathwork

Students will practice various breathing techniques with specific uses, including Mindfulness.

CHARACTER BUILDING

Students will understand that they are expected to treat others with Respect, Responsibility, Caring, Fairness, and Honesty.

Students will understand that they have a right to expect Respect, Honesty, Fairness, Caring, and Responsibility from other people.

CONFLICT MANAGEMENT

Students will prevent conflict from arising by regulating their emotions and building strong character.

Students will deepen their command of Kelso's Choices by applying emotional vocabulary, mindfulness, and breathing practices to the nine choices.

Students will experience post-conflict growth after they successfully navigate a conflict in a constructive manner.