

# SEL CONNECTION

Grade 6

## MANAGING RELATIONSHIPS & SOCIAL CONFLICT

### What will my student learn in this unit?

The goals of this unit include students being able to:

- recognize the difference between minor and major social conflicts.
- describe the different perspectives of the people involved in a conflict.
- apply the four-step conflict resolution process.
- identify ways to make amends after a social conflict.



### Practice at Home

Consider asking your student the following questions to deepen their understanding and start a conversation about what they are learning:

- Share how one of your friendships or relationships has changed over time. Ask your student to share how some of their friendships have changed since starting middle school.
- Tell your student about a time when you played a part in escalating a conflict. Explain what you wished you had done instead. Ask your student if they are part of a conflict right now that they need help with.
- Tell your student about a time when your view of a conflict changed because you were able to see it from another person's perspective. Ask your student if they have changed their view about a conflict lately.
- Ask your student to give you an example of non-blaming, respectful communication. Brainstorm with them to think of a time in your household when non-blaming language could have been helpful and make a plan for how to use respectful communication in the future.
- Ask your student why they think different conflicts need different solutions. Tell your student about a time when you had to think about the best way to solve a conflict. What did you think about? Did it work out in the end?
- Tell your student about a time you had to make amends with someone. What did you do to repair the harm?

