



CONFLICT RESOLUTION MONTH IN COLORADO

Listen. Talk. Work it Out.

Activity Guide

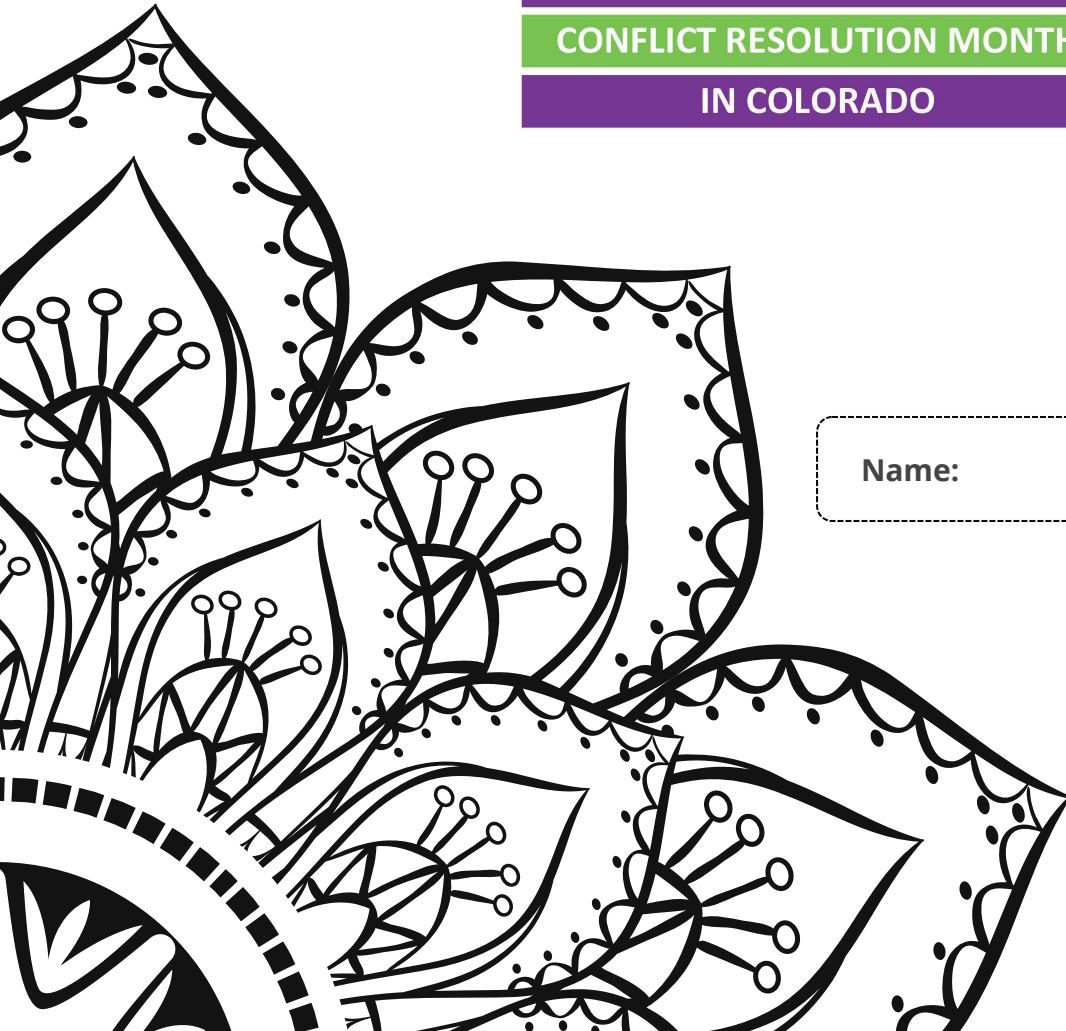
OCTOBER IS

CONFLICT RESOLUTION MONTH

IN COLORADO

Name:

Date:



Why do we have a Conflict Resolution Month?

- Increase civility in Colorado
- Educate Coloradoans about conflict resolution skills and resources
- Reduce Violence
- Raise awareness about strategies for solving disputes when feeling stuck
- Increase the use of conflict resolution resources in Colorado



- Conflict Resolution Month began in 2007
- Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement
- Conflict resolution can be used to help resolve almost any type of dispute
- For more information visit denlib.org/resolution

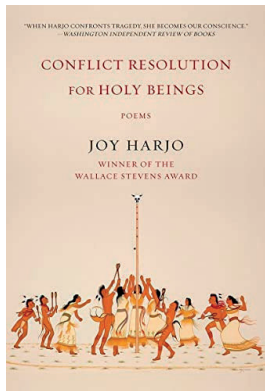


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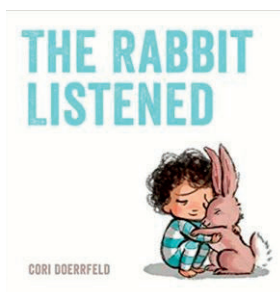
conflictresolutionmonth.org

Selected Books

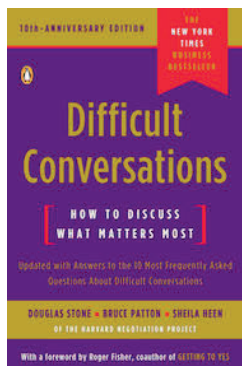
2021



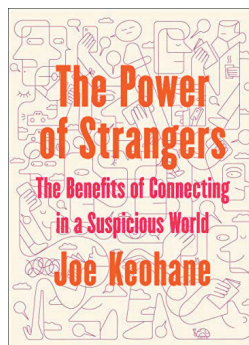
2019



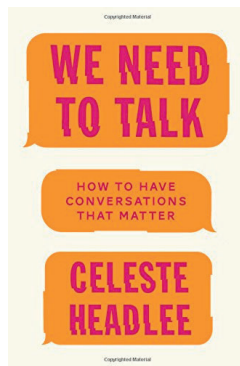
2017



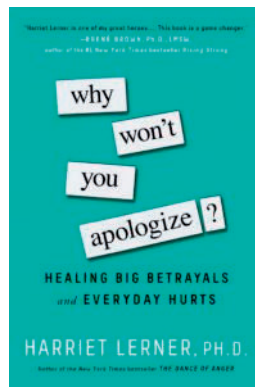
2022



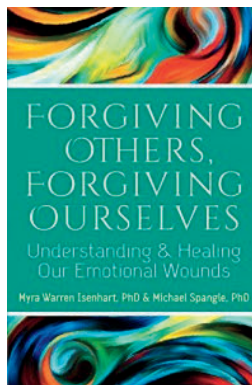
2020



2018



2016



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Each year, Conflict Resolution Month in Colorado selects a book that enhances problem-solving skills and/or inspires dialogue.

I AM
THOUGHTFUL



RESOLVING CONFLICTS

Think of a significant conflict that you have experienced. Reflect on the event and its outcome below.



What was the conflict?

What type of conflict was it?

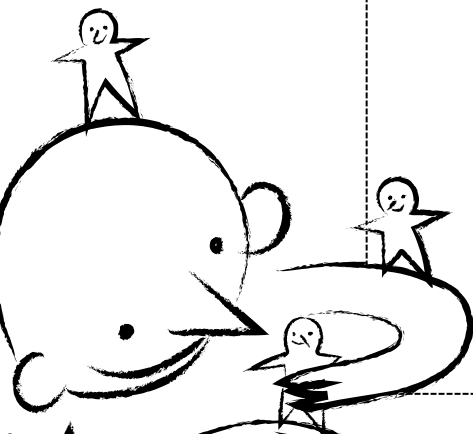
How did you react in this situation?

How did the other people react in this situation?

How was this conflict solved?

In retrospect, what could you have done differently in this situation?

Moving forward, what will you do to avoid conflicts like this in the future?



HOW TO WRITE AN APOLOGY



Dear _____,

1. Tell what you did that was wrong.
2. Tell how you harmed this person.
3. Tell how you feel about causing them harm.
4. Say how you will repair the harm you caused.
5. Say what you have learned that will stop you from making the same bad choice again.
6. Ask for forgiveness.

Sincerely,

Your signature

courtesy of the Juvenile Assessment Center of Lee County

- An apology does not make excuses for what you have done or blame others for the choices you made
- It shows that you take responsibility for your own behavior
- An apology admits that you know you did something wrong
- It explains what was learned from the experience, how you changed your beliefs and attitude and demonstrates a commitment to change



Tips for Listening

Can you tell a difference in the way people respond when you try these five steps?



Focus all of your attention on the speaker.

Remove distractions (including your thoughts or responses) and make listening your only activity in the moment.



Involve your full body.

Make eye contact, face the person, lean in, and look at what facial expressions and body language communicate.



Understand their perspective.

Remove judgement of how you think or feel about the situation. Learn what their words mean to them and how they are feeling.




Reflect what you've heard.

Tentatively say the main idea and the dominant feelings the speaker expressed. This will let you know if you understood and confirm you listened. Example: *It seems like you are feeling excited and overwhelmed by the change. Is this correct?*



Ask clarifying questions.

Questions that are asked to have a greater understanding don't include judgment (*Why would you do that?*) or your opinion of the topic (*Was it bad?*), but focus on the speaker's meaning. *What did you think about that?*



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Are You Listening?



Each of the social skills below are helpful toward solving conflict.

For each skill, rate yourself:

S for **strength**, **O** for **OK** or **N** for **I need to work on it.**

_____ When I am being talked to, I make eye contact

_____ I watch the speaker's facial expressions and try to understand them fully.

_____ I listen with the goal of fully understanding the speaker's point of view.

_____ I refrain from interrupting.

_____ I wait for a pause before I ask for clarification.

_____ I am not distracted by anything, the speaker has my full attention.

_____ I try to listen intently to remember the speaker's important points.

_____ I remain neutral and open minded while listening to the speaker.

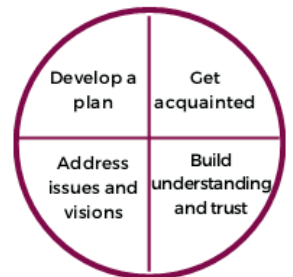
How could you improve your listening skills to equip yourself to resolve conflicts? _____

PEACE CIRCLES & CONNECTION CIRCLES



a minimum of 3 participants sit in a circle and take turns discussing what happened/why and brainstorm resolutions in order to repair harm

- promotes conflict resolution
- community building & management tool
 - builds community
 - preventative practice



A gathering where participants sit in a circle to provide safe, supportive spaces for members to discuss sensitive topics, differences and build consensus

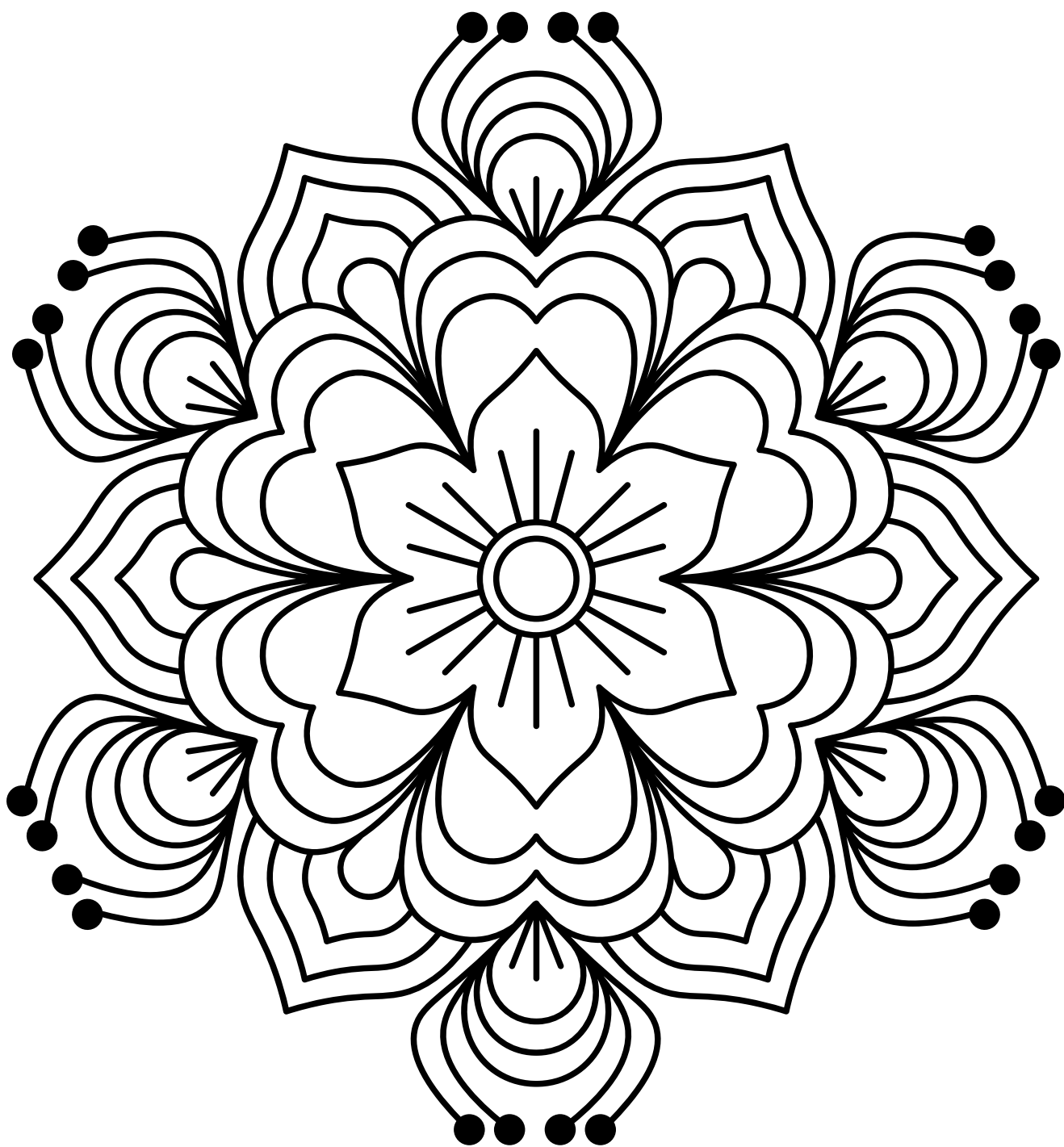
Example Steps:

- 1) Invite participants.
- 2) Introduce.
- 3) Check-in.
- 4) Mindfulness exercise.
- 5) Trust-building exercise.
- 6) Allow sharing.
- 7) Close.



Engaging with peace circles and connection circles practices is a great way to encourage collaboration and acceptance in community in a variety of settings

I am calm



| | |
|-------|--|
| Name: | |
|-------|--|

| | |
|-------|--|
| Date: | |
|-------|--|

My Daily Emotions Log

Choose two words from the list to describe how you feel today. Can't find your emotions there? Feel free to use other words.

I think these feelings are:

- | | |
|---|------------------------------------|
| <input type="radio"/> both positive | <input type="radio"/> positive and |
| <input type="radio"/> negative and positive | <input type="radio"/> negative |
| | both negative |

I feel this way because _____

What can cheer you up or help you stay happy today? Draw them below.

| |
|--|
| |
|--|

EMOTIONS LIST

angry
annoyed
anxious
ashamed
awkward
brave
calm
cheerful
chill
confused
discouraged
disgusted
distracted
embarrassed
excited
friendly
guilty
happy
hopeful
jealous
lonely
loved
nervous
offended
scared
thoughtful
tired
uncomfortable
unsure
worried

5-4-3-2-1

Grounding technique

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell

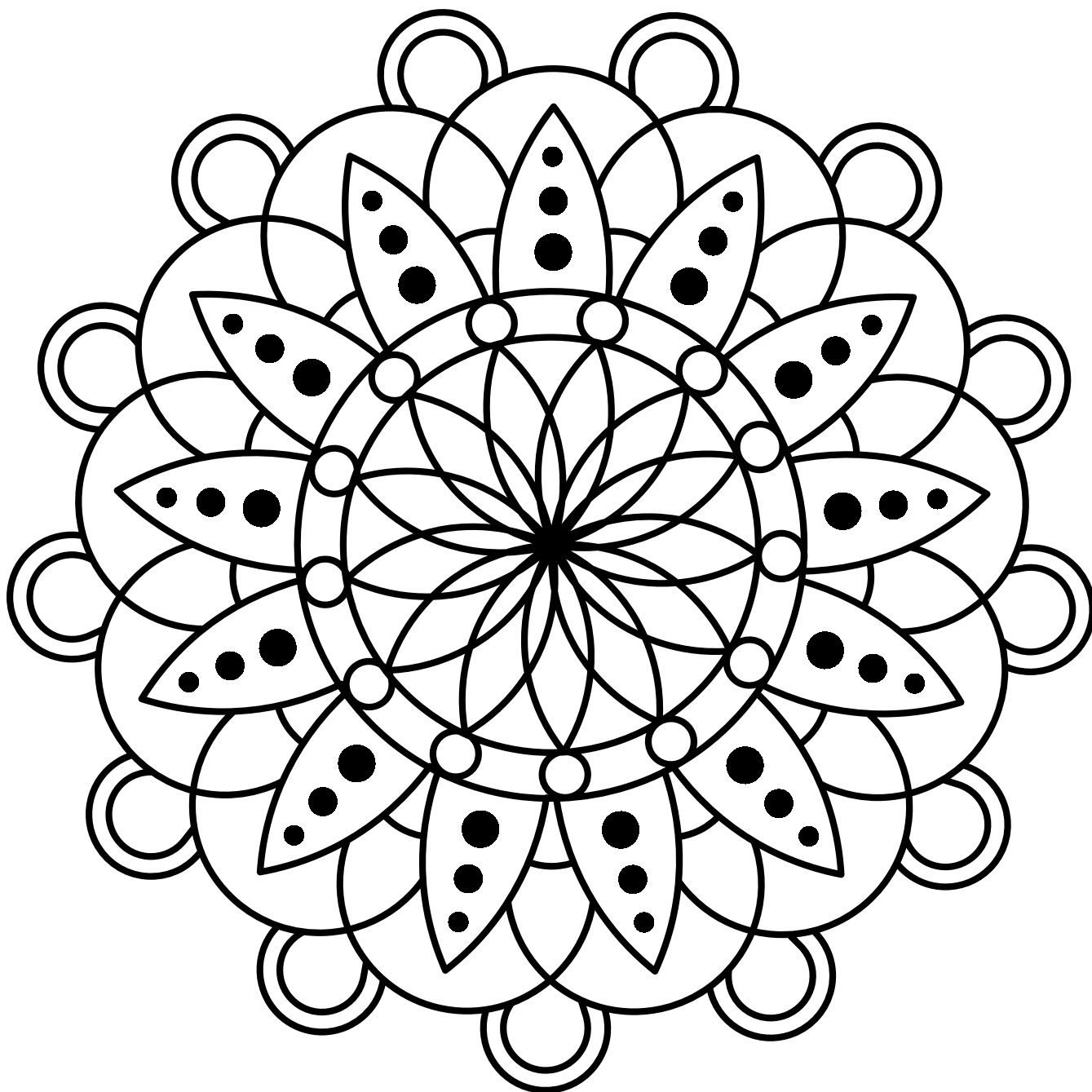


1

1 thing you can taste



I am peaceful



Journaling is a great activity to get thoughts and feelings all out and a little more ordered. Try writing down everything you want to say to someone. You don't need to show them what you wrote to feel better and understand the situation better. Try using this template!

A decorative graphic element consisting of a yellow, torn-edge paper shape. On the yellow paper, there is a faint line drawing of a plant sprout with several leaves. The entire graphic is positioned on the left side of a page with horizontal black lines.

To find more tips on coping, which include calming, distracting, physical and processing techniques, go to <https://copingskillsforkids.com/> or check out ***Coping Skills for Kids Workbook*** by Janine Halloran

HOW TO SAY THANK YOU WITH IMPACT

There are a couple things to remember when thanking someone. These will make the thank you more impactful:

Be specific



Saying "Thanks for the good work" is unclear and generic. Saying something like "Thanks for putting in the extra time last night to track down the data we needed to complete slide seven in the PowerPoint" shows you are aware of exactly what they contributed, and will be more meaningful.

Sooner is better



The longer you wait to thank someone, the more likely it is that the reason for thanking them will be forgotten.

Be genuine



Don't give out thank yous that aren't deserved, they aren't participation medals. Giving out too many thank yous will make them mean less, and make you come off as inauthentic.

Rekindle an opportunity

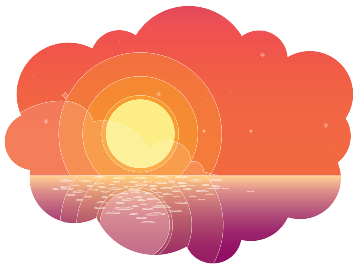


If you've forgotten to thank someone in the past, go on and thank them now.

courtesy of Brantley Agency

Mindfulness Scavenger Hunt

Cross off each activity as you achieve it!



Watch a sunrise
or sunset without
taking a photo



Practice deep
breathing

Taste
something new
and describe
the flavors



Color a
picture

Sit in silence
for 20 minutes
and listen for
hidden sounds



Find and feel
different
textures of
plants in a
outdoor space



Walk your
neighborhood at
dinner time and smell
your neighbor's cooking

Write a list of 10
things you are
grateful for



Think BEFORE You SPEAK

T - Is it True

H - Is it Helpful

I - Is it Inspiring

N - Is it Necessary

K - Is it Kind