

# George



Dear Parent,  
This week at school your child enjoyed a poem, a classroom discussion and a proficiency-based worksheet activity to help them develop and practice problem solving skills using conflict management techniques. The poem, *George*, is about the first president of the United States, George Washington. George valued honesty. He knew that spreading rumors about other people is never a good choice. Developing honesty in children requires patience and role modeling. Through our own words and actions we need to promote telling the truth.

**When you come to a “fork in the road,”  
There are several ways you can go:  
You may fight or you may flee  
Or do what’s best  
And solve it peacefully!  
That’s as easy as 1-2-3!**

The 3 R’s of Conflict Management:  
**RELAX      REFLECT      RESPOND**

- STOP/RELAX** Take a deep breath and slowly count to 10. Don’t say anything yet. Get in touch with your needs and feelings. Take a “step back” from the situation so you can look at the whole picture.
- WAIT/REFLECT** Think about what just happened. Think of a word or two that describes how you feel. What are your needs? Name some options to help you feel better about what just happened.
- GO/RESPOND** State the problem by speaking slowly and calmly. Use a quiet, inside voice to tell those involved how you are affected by what just happened. Now listen to what others involved have to say. Share ideas and try cooperatively to find a workable solution.

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## Know Place Like Home Suggested Activities

- 1. Refrigerator Art: Weave it to you, with the Red, White and Blue**  
Make a weave print background by:
  1. Fold a piece of blue construction paper in half width-wise.
  2. Starting at the fold, cut up to the open end. Space each cut about 1 inch apart. Be sure to leave at least a one inch margin at the open end. Set aside
  3. Cut 1 inch strips from the red construction paper to use as the weaving strip.
  4. Begin weaving the red strips into the blue frame by using over and under direction words. Alternate this process as you begin each new row.
  5. Cut out three white stars. Write the words Leader, Truth and Non-Violence on the stars. Glue the stars on the weave and place in a prominent place in your home.
  
- 2. Memory Builder: Visit City Hall**  
Take public transportation or a walk to your local city hall. Tour the facilities and look for a picture of past political leaders. Identify the leaders you know and learn more about the ones you don't. Talk about what it would be like to work as a political leader.
  
- 3. Family Chat: If I Were...**  
Over an All-American meal of hot dogs or beans or macaroni and cheese, take turns around the table finishing these open ended sentences:  
  
If I were president, I would change...  
  
I would stop...  
  
I would help...  
  
If I were the parent, I would change...  
  
I would stop...  
  
I would help...

