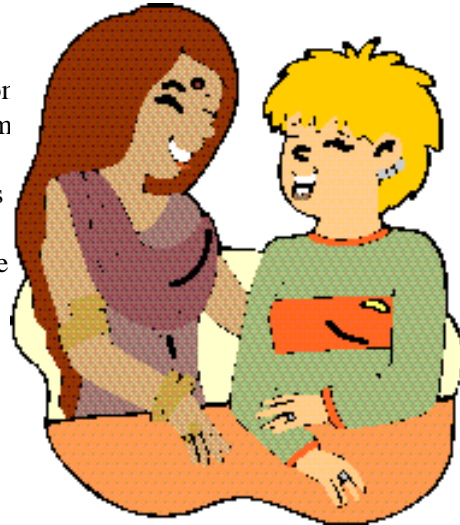


# A New Friend

Dear Parent,

This week at school, your child enjoyed a poem, classroom discussion and proficiency-based worksheet activity to help them develop and use non-violent problem solving skills. In this week's poem, *A New Friend*, your child discovers the difficulties that can arise when you are the "New kid on the Playground." This lesson encourages children to welcome newcomers and give them the chance to belong by getting to know them. The fear of the unknown can make us afraid to meet new people or give newcomers a fair chance. When this happens rumors and gossip are easily started. This action can cause a negative reaction and conflicts may arise. Once again, you can remember this simple chant:



*When you find a "fork in the road"  
There are several ways to go:  
You might fight or you might flee  
Or do what is right and solve is 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 feeling. 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 more positive about what just happened.

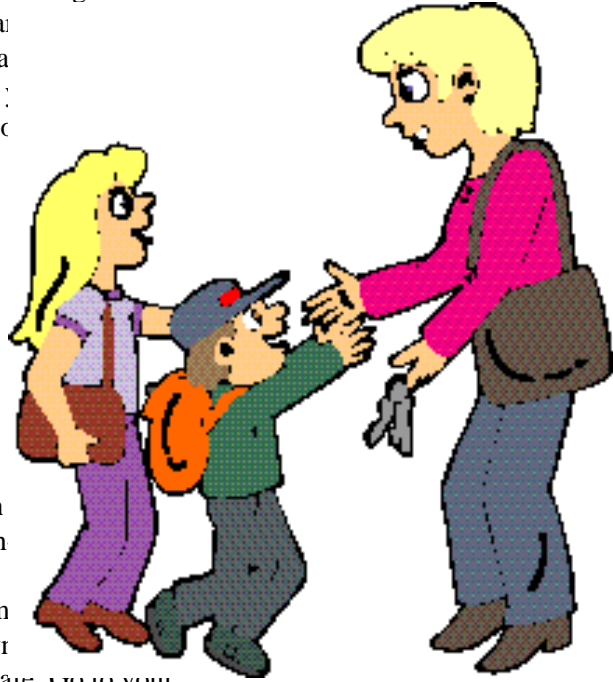
**Go/Respond:** State the problem by speaking slowly and calmly. Use a quiet inside voice to tell those involved how you are affected by what just happened. Now, listen to what others involved have to say. Share ideas and try to come up with a workable solution.

# A New Friend

## Know Place Like Home Suggested Activities:

### 1. Refrigerator Art: Comic Strip Pals

Illustrate in a comic strip style, your family extending their hand in friendship to welcome a new neighbor or extended family member. Post the comic strip in a prominent place for all to see as a friendly person to those you know and those you don't know. Visit the comic section of the newspaper for ideas. Cut out and share any comics that relate to developing friendships, especially if they made you laugh out loud!



### 2. Memory Builder: Stranger Safety

This is a perfect opportunity to help your child distinguish between meeting friends and meeting strangers. Talk about the appropriate times for your child to make a new friend. Discuss the differences between a polite "hello" to a stranger and an introduction making a new friend at school or in your neighborhood. Be sure to tell your children that a stranger can look kind and trusting, like a member of the family but because they are unknown to you, the stranger should never be considered safe. Go to your local police station and meet a policeman. Learn to identify a policeman by the complete uniform and badge he or she wears. Ask the policeman for advice on stranger safety.

### 3. Family Chat: Getting to Know You

Prepare for a family movie night. Watch the movie The King and I. Retell the story of the developing friendship between Anna and the King. Identify various conflicts in the movie and make recommendations of how they could have been solved using the 3 R's of Conflict Management.

