

A Show of Heart



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, A Show of Heart, is about learning to work cooperatively with others by being polite, patient and considerate. The school play is to promote a positive and friendly attitude among the school community. The lesson is extended by discussing behaviors that cause conflicts among students. Through classroom discussion and other activities your child learned new ways to deal non-violently with children who are not friendly or kind.

In our own homes, brothers and sisters can often be unkind to each other. It is amazing how well siblings can use adjectives when describing a brother or sister who bothers their things so eloquently! This poem and classroom activity can be extended into our own families this week. It's so easy to let our frustrations out in an uncontrolled manner with those people who we trust and feel comfortable around. The Know Place Like Home Activities from All Roads Lead to Peace: The 3 R's of Conflict Management School to Home Program will continue to foster the caring and sharing among siblings while providing some additional family fun.

Remember to help your child follow the rules of the road when encountering conflict by using this simple reminder:



**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.

A Show of Heart



Know Place Like Home Suggested Activities

1. Refrigerator Art: Hearts on my Window Pane

Find a frequently used window or glass door in your home. With a dry-erase maker, or another washable medium, draw a heart for each person in the family on the window. As the light filters through the hearts be reminded of the love and caring you have for each other as a family. Be sure to answer all your neighbors questions about your beautiful family artwork.

2. Memory Builder: Cookie Bake-Off

Bake and decorate some heart shaped sugar cookies. Share your artistic talents with younger members of your family. Choose your best cookie and give it away. Have a special cookie and milk session before bedtime hugs.

3. Family Chat: Act One

Write, direct and act in your own family play. All members of the family should participate in some way. Allow or encourage your children to become the screenwriter, director and lead actors in your family play. Keep an open mind, be involved but take a lesser role. You may be pleasantly surprised at the outcome.

