

Falling Out



Aim

- I can demonstrate strategies for resolving conflicts.

Success Criteria

- I can explain positive resolution techniques to use to solve disputes.
- I can identify how my support network can support my conflict resolutions.

The Big Questions



How and why do people fall out with their friends?

What can we do when this happens?

Take it in turns to turn over one of the Big Questions Cards and answer the question within your group.



Reconnecting

Falling Out with Friends



What are the different times people fall out with their friends?

When we both want the same thing.

When we have different opinions.

When we want to do different things.

If someone else upsets us.

When we have different ideas about something.

If we upset someone else.

Work together as a group and see if you can think of any other reasons why children fall out with their friends.

Exploring

Positive Resolution Techniques



People fall out for lots of different reasons and it is very normal to have disputes.

We can't easily stop disputes from happening but we can look at how to deal with a falling out and what can be done to put things right again.



Positive Resolution Techniques

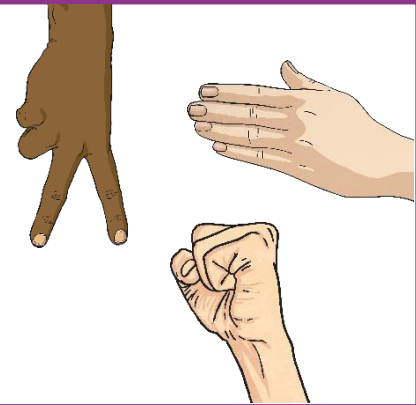


The following are ideas for resolving a falling out positively.

1

With a Game

If you are trying to decide something, for example, who should be first in the line, get to sit in a certain place or whose turn it is next, you can use a game such as rock, paper, scissors to make the decision.



2

I-Messages

Try to explain your thoughts and feelings using a sentence that starts with 'I'. For example, instead of saying 'Billy won't play with me', say 'I feel sad when you don't play with me'.

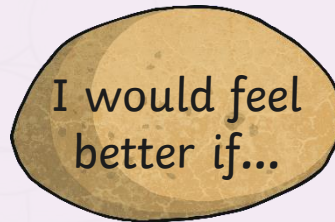
Positive Resolution Techniques



3

Peace Path

Follow a path of stepping stone ideas to resolve the falling out.



4

Conflict Managers

These are children who are there to support you when you have a falling out with someone. They could remind you of these positive resolution techniques and make sure your falling out is resolved.

Consolidating

A Perfect World?



Imagine a world where everyone gets on **all** the time! No one ever falls out.

How would everyone need to be, in order for there to never ever be a falling out?

Discuss whether you believe this is an actual possibility and what would need to happen if this were to work?

Now, let's share our ideas with each other.

Is there such a thing as a perfect world?



Reflecting

Who Can Help?



Some disputes can be resolved by the people who have fallen out. However, sometimes we might need some support from others to resolve the falling out.

This could be because:

- the falling out is quite serious.
- one of the people is very upset.
- one of the people is feeling angry.

Imagine that the people involved in a falling out have tried the positive resolution techniques but they haven't resolved all the issues.

Look at the **Falling Out Scenario Cards** and think about whether a support network could help to stop the falling out happening or help to resolve the falling out. Who could help resolve these disputes?

