

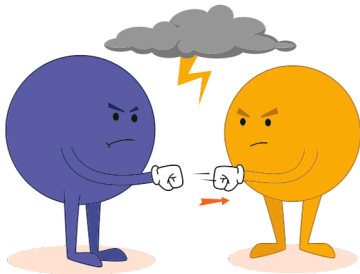
# Parents and Caregivers' Information Sheet

4th to 6th Grade - 2024-25

## SOLVING CONFLICTS TAKES PRACTICE

Childhood is a crucial period for the social development of young people. It is often during these early years that children encounter their first social challenges, such as conflicts or anxiety-inducing situations. Learning to manage their emotions and resolve conflicts constructively is essential for their well-being and academic success.

### Les conflits



Conflicts, such as teasing or unpleasant comments from peers, can damage young children's self-esteem and confidence. These elements are vital for them to fully engage in their learning and interact positively with their peers.

[Raisons éducatives, 2021](#)

### Les émotions



Emotional skills, such as recognizing and managing emotions, are crucial for academic success. Being "emotionally competent" means understanding and appropriately expressing one's emotions while effectively responding to those of others. These skills are essential for navigating social and school environments.

[Raisons éducatives, 2021](#)

## EXCERPTS FROM STUDIES ON EMOTIONS & CONFLICTS

Research shows that the relationships children have with their parents and teachers directly influence their learning. A nurturing and empathetic environment promotes quality learning, while an environment perceived as hostile can hinder a child's development.

The relationships children have with their parents and teachers directly affect their learning. A child learns better when surrounded by caring and empathetic individuals rather than those who show contempt or evoke fear. The atmosphere with other children is also crucial: teasing or unpleasant comments can harm their self-esteem, which is essential for fully engaging in learning.

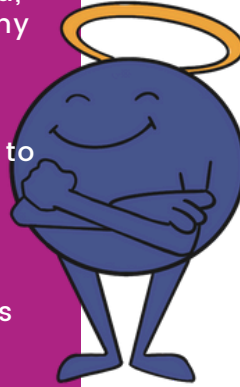
Numerous studies show that emotional competence, meaning the ability to understand and manage emotions, is essential for school success. In fact, these skills are among the most important for supporting academic achievement from the early years (Blair & Raver, 2015; Denham et al., 2014; Hamre & Pianta, 2001; MacCann et al., 2020).



# CONFLICT MANAGEMENT PROGRAM: SOLVING CONFLICTS TAKES PRACTICE

## OBJECTIFS

- Learn how to identify, understand, and express emotions in a healthy way during conflict situations.
- Develop strategies to respond to others and understand their perspectives.
- Acquire tools to prevent conflicts and manage situations so they don't escalate into conflicts.
- Learn how to take care of yourself to resolve a conflict once it has arisen, through the use of art and play.



## WORKSHOP 1

Learning concepts :

Respect for others

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Understanding my emotions

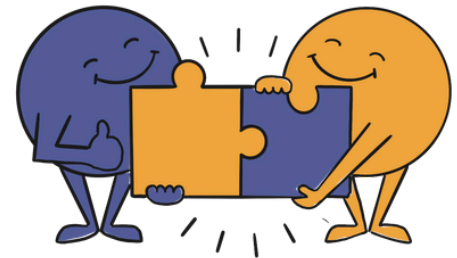
(Gingerbread Man activity  
for children)

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What is a Conflict Situation?

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4 Techniques to Manage and  
Avoid Conflict



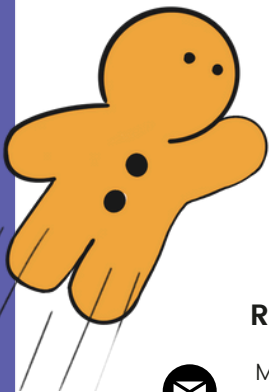
The teacher will complete activities  
between and after the workshops to  
reinforce learning.

## WORKSHOP 2

Practice Techniques through  
Improvisation

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5 Techniques for  
Managing Conflict



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