STRATEGIES TO MANAGE CONFLICT SITUATIONS in early years

St PETER'S SCHOOL
Barcelona

Wellbeing Department

Aggressiveness as a life drive

LA AGRESIVIDAD COMO PULSIÓN DE VIDA

AD - "hacia"

Verb GRADIOR - "andar o ir"

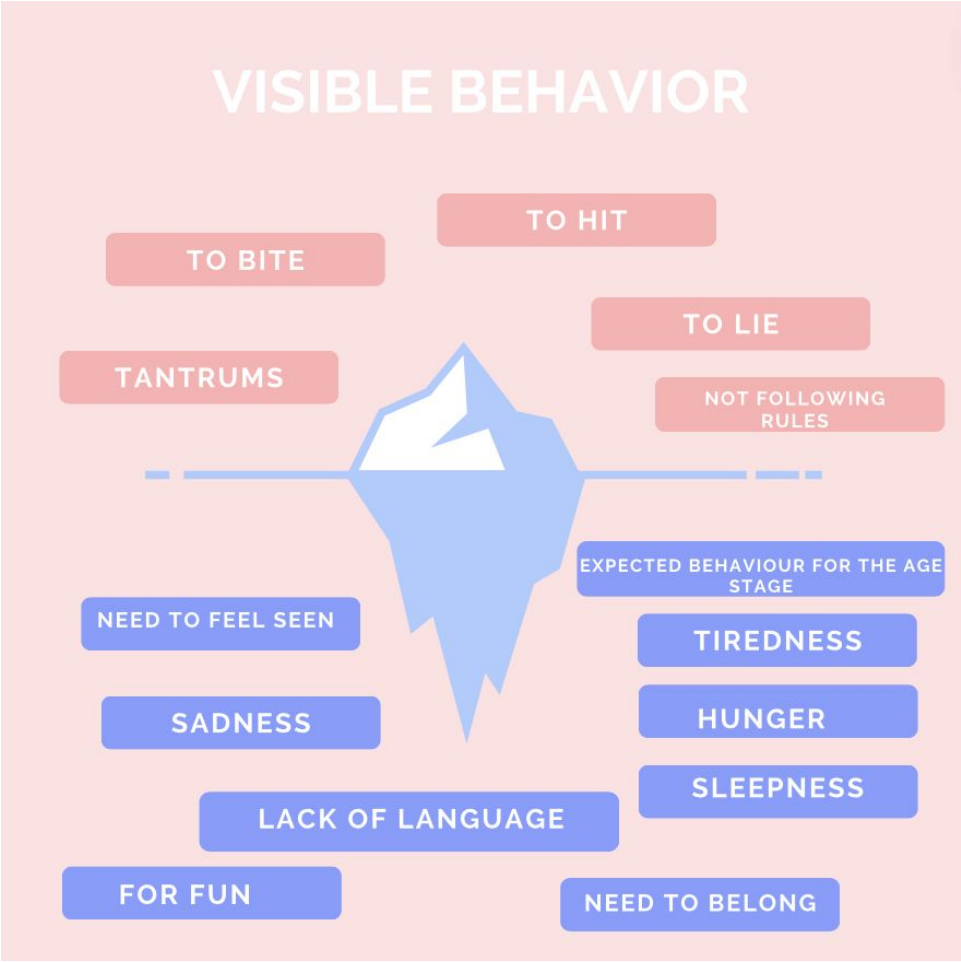
–ITO que equivale a "relación activa"

Sufijo –dad que significa "cualidad".

Natural aggressiveness is the basis for communicating with the world.

MEANING: **The quality of actively moving towards...**

What do we have in mind?



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Preventive Measures and Group Work

- Discuss natural and real-life situations with them in a group and let them explore how they would resolve them.
- Express to them when you are also angry and don't like something. Be the role model to explain your emotional management techniques to them.
- Talk to them about how they are and how they feel.
- Read stories about emotions and moods with them and use calming strategies.

STORY + CALM STRATEGY

- Have a reference story to turn to every time something happens to you.
  Suggestion: The Turtle's Tale. (Find it on the next slide).

- Have a stuffed animal as your pet to help calm you down. This will help make the transition and bridge between the emotion and the situation experienced.

- Explanation with the Support of the Stuffed Animal:
  Imagine sitting in a circle with the children, each holding their stuffed animal. As you begin to tell the story of the turtle, you encourage them to hold their plush toy tightly, almost as if it's an extension of themselves.

  You explain that just like the turtle in the story, they might sometimes feel upset, angry, or confused, and that's okay. Then, you demonstrate how you use your stuffed animal as a source of comfort when you feel those emotions. You might hug it tightly or stroke its fur, showing the children how they can use their own stuffed animals in the same way.

  By connecting emotionally with the children through the shared experience of holding their plush toys, you create a safe and supportive environment where they feel empowered to express their emotions and learn how to manage them effectively.

The Turtle's Tale

This is the story of a little turtle who liked to play alone and with her friends. She also loved playing in the park, bathing in the lake, being with her family, but sometimes she got bored or didn't like what she was doing.

This turtle found it very difficult to do what others told her, she didn't like it when someone didn't do what she liked, when a friend didn't want to play with her, when they pushed her, or took away her toys... The turtle got VERY angry, so much so that she would end up fighting, biting, screaming, pushing... to the point where no one wanted to play with her anymore.

The little turtle was very confused. She was furious, angry, sad, and scared because she couldn't control herself and didn't know how to solve the problem. One day she met an old wise turtle who was three hundred years old and lived on the other side of town. So she asked her:

-What can I do? When I get angry, it's very hard for me to control myself.

Then the old turtle replied:

-The solution to this problem lies within yourself. When you feel very upset or angry and can't control yourself, go inside your shell (tuck one hand into the fist of the other and hide the thumb as if it were a turtle's head retracting into its shell, or do it with your whole body). In there, you can calm down.

When I hide in my shell, I do three things:

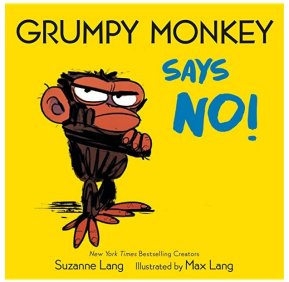
First, I tell myself – Stop – then I take a deep breath one or more times if I need to, and finally, I tell myself what the problem is.

Then the two practiced together several times until our turtle got the hang of it (practice it all together).

The next day, the little turtle was at school when another child started bothering her and, as soon as she began to feel angry inside, her hands started to warm up, and her heart rate increased, she remembered what her old friend had told her. She retreated inside herself, where she could be calm without anyone bothering her, and thought about what she had to do. After taking several deep breaths, she came out of her shell and saw her teacher smiling at her.

Our turtle practiced over and over again. Sometimes she succeeded and sometimes she didn't, but gradually, retreating into her shell helped her to control herself. Now that she has learned, she has more friends and enjoys going to school a lot

STORY BOOKS


GRUMPY MONKEY
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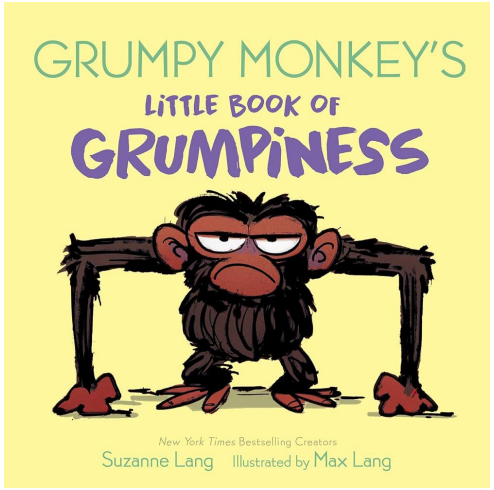
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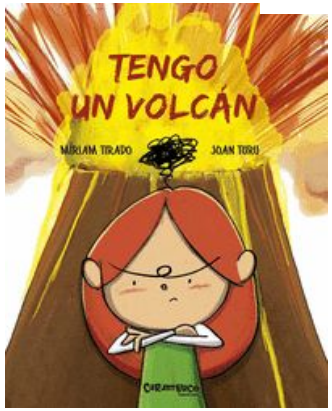
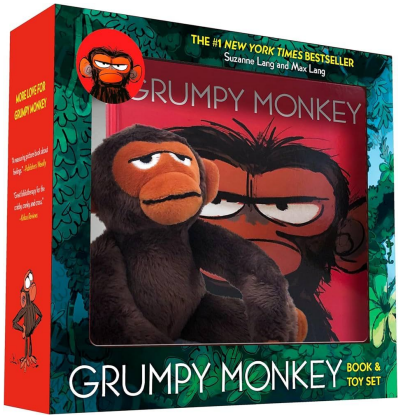

TENGO
UN VOLCÁN
MIRIAM TIRADO
JOAN TORIJ


THE #1 NEW YORK TIMES BESTSELLER
Suzanne Lang and Max Lang
GRUMPY MONKEY
GRUMPY MONKEY BOOK & TOY SET

CALM corner

They have to go ALWAYS with someone, do not leave them alone if they are angry.
Is not a punishment or a place to solve the conflict.
You cannot solve the problem if someone is upset, cross or nervous.

What can you have in this corner:

- Paper and pencils for drawing this is a fantastic way to go through our emotions).
- A stress ball.
- Playdough.
- An image of a landscape.
- Craft supplies.
- Stories to read.
- Photos from our vacations.
- A jar of calm.
- A music player (for relaxing music)
- Sensory trail.
- If you can stay - massage corner.