

Doing Our PARRT



K-5 Social Emotional Behavioral (SEB) Curriculum

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- *Books to read at home with your child to reinforce these skills*

Doing Our PARRT Lessons

As we complete our second trimester of the school year, we have continued to grow as a school community. One way that we do that is through the Doing Our PARRT lessons. Lessons 5-8 have been completed this trimester (see the table below for lesson titles at the various grade levels). Students have participated in community circle / class meetings to discuss these topics and reflect on how they connect to students' lives. Each lesson has a piece of literature and activities that go along with the content of the lesson so that examples of conflict resolution, problem

solving and managing emotions can be identified and discussed as a class. A growing body of research suggests that helping children to develop good social and emotional skills early in life can make a big difference in their long-term health and well-being. There is also evidence indicating that students perform better academically when social / emotional / behavioral skills are also taught (Collaborative for Academic, Social, and Emotional Learning -CASEL).

A teacher's thoughts on

Doing Our PARRT:

"I relate it to how, as adults, we have to use these same kinds of skills ...in our jobs...that these lessons we're learning aren't isolated to our classroom -they need to be used and spread throughout our lives"

-Lisa, 2nd Grade Teacher-

| K – 1 st | 2 nd – 3 rd | 4 th -5 th |
|--|---------------------------------------|--|
| Being a Friend | What is a Conflict? | Controlling My Feelings |
| Respecting Others | Controlling My Feelings | Resolving Conflicts Peacefully |
| What is a Conflict? | Resolving Conflicts Peacefully | Recognizing Bullying |
| Talking It Out / Resolving Conflict | Recognizing Bullying | Conflict vs. Bullying – What's the Difference? |



Literature Links

Controlling My Feelings

- [One of Those Days](#), by Amy Krause Rosenthal
- [Arnold Gets Angry](#), by Lawrence E. Shapiro
- [Lilly's Purple Plastic Purse](#), by Kevin Henkes

What is a Conflict?

- [Oliver Button is a Sissy](#), by Tomie dePaola
- [Rotten Richie and the Ultimate Dare](#), by Patricia Polacco
- [Odd Velvet](#), by Mary E. Whitcomb
- [Matthew and Tilly](#), by Rebecca Jones

Resolving Conflict Peacefully

- [Ruby the Copycat](#), by Peggy Rathmann
- [The Wall](#), by Eve Bunting
- [A Little Peace](#), by Barbara Kerley
- [I'm Not Invited?](#), by Diana Cain Bluthenal
- [Talk and Work it Out](#), by Cheri Meiners

Managing Emotions and Solving Conflicts

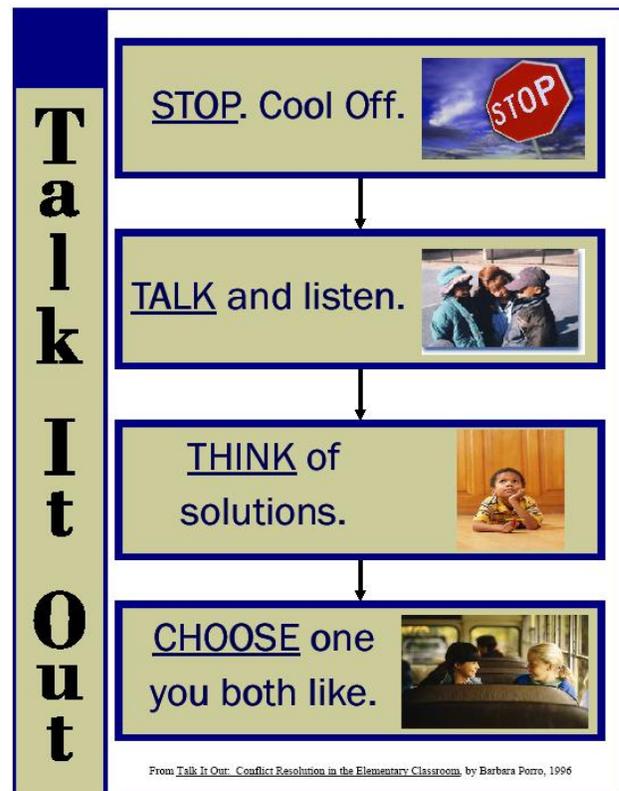
Children can have difficulty managing their emotions and knowing how to handle conflicts in a way that helps the situation, rather than making it worse. In the [Doing Our PARRT](#) lessons, we discuss how important it is to be in charge of your feelings. We teach students that anger is a very natural emotion and that while it is OK to get angry, it is how you handle that anger that can make a difference. Students are taught to begin to recognize in themselves when they are getting upset (clenched fists, tight jaw, feeling hot, etc.) Examples of in-bounds (safe) and out-of-bounds (problematic) reactions to anger are taught and discussed. Students are also taught that in conflict situations, it is almost impossible to solve a problem until

everyone involved has had a chance to stop and cool off. In the literature that is shared, reflection questions help students think about what kinds of things the characters in the book did that were good examples of self-control and problem solving. Children also get the opportunity to determine why it is important in a classroom community to help each other stay calm, be respectful, and solve conflicts in a peaceful way. Students have the opportunity to talk about conflicts as a natural part of life and learn positive ways to solve them through literature, role-play, writing, and class discussion.

Home Connection

School and families, working together, can play very important roles in supporting children's healthy development in dealing with their emotions and in their relationships with others (CASEL, 2008). While many students come to school with these skills well-developed, it is important that all children are supported, reinforced, and explicitly taught how these skills work in a school setting as well as other parts of their lives. You can help your child develop these skills by:

- Discussing ways to stay calm when angry. Help your child recognize when they might be ready to lose control. Discuss ways to handle anger that are safe and won't cause problems (quiet area to calm down, exercise, talk to someone, draw or write about it, etc.)
- Asking questions that help children solve their problems. "How do you think you can handle that?" or "Are you calm enough to talk about it now?" will go a long way to help children become independent in these skills.
- Teaching by example. Children learn by watching how adults handle anger and solve conflicts. Try to model what you are asking your child to do and monitor what they watch on television.



"Talk It Out" is taught at all grade levels, K-5, as one way to solve conflicts peacefully. Children need consistent adult support as they begin to learn to use these steps independently.

