

# Managing Conflict Unit

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## Unit Overview

### Unit Focus:

This unit focuses on how to identify and manage conflict, whether it is within us or around us.

**Unit Outcomes:** By the end of the Unit learners will be able to:

- Explore conflict in a healthy way.
- Recognize the inner strengths that help them move forward.
- Learn tools that help to calm the internal chaos.

### Unit Weekly Themes:

- Recognizing Inner Conflict
- Finding Inner Strength
- Developing Tools to Manage Conflict
- Being a Calm Presence

### Affirmations

- I am at peace in my heart, in my mind, and in my body.
- God's love within me gives me all the inner strength I need.
- I am calm in moments of chaos; I am strong in the appearance of storms.
- I choose peace.

### Bible Quotes

- So then let us pursue what makes for peace and for mutual upbuilding. Romans 14:19
- Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Colossians 3:13
- Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7
- A hot-tempered man stirs up strife, but he who is slow to anger quiets contention. Proverbs 15:18

### Unity/Fillmore Quotes

- **Talks on Truth p84**  
In claiming your unity with Spirit, you must be willing to conform to the conditions of Spirit. If you are not sincere in your conformity, you will be torn in the conflict. You cannot worship two masters.
- **Teach Us to Pray p40**

We should bear in mind that God is our silent partner and that His wisdom and strength, His energy, and skill are ours to use.

- **Myrtle Fillmore's Healing Letters p121**  
God is providing, and directing, and prompting will give you great peace. You will also invite and lay hold of your own individual God-given resources. For in truth, God provides for you, and your blessings are not dependent upon others.
- **Myrtle Fillmore's Healing Letters p37**  
God is in us as the very life and substance that we use, and our use of God's gifts increases our ability to use and to direct them. God is life; we make that life into living. God is love; we make divine love into loving.

## Children's Lessons

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### #1 – Recognizing Inner Conflict

#### Opening Experience

Ahoy, mate! Welcome to the first week of the Managing Conflict Unit. Let us begin this week by embracing the peace in our hearts, mind, and body. God's love within us, gives us all the inner strength we need. Repeat these words: I am calm in moments of chaos... I am strong in the appearance of storms... I choose peace.

#### Activity Choices

- **Unity Basic Principle Activity**



### Unity Basic Principle

There is only one Presence and one Power active  
as the Universe and as my life, God the Good.

#### Materials

Paper  
Pencil or pen  
Scissors  
Jar

Your experiences form your thoughts affect how you feel and what you choose to believe. These thoughts then become choices - or actions - that we select, and which affect us and those around us. The good experiences you've had form good thoughts. No matter the situation we can know that God is always active and present no matter the circumstance.

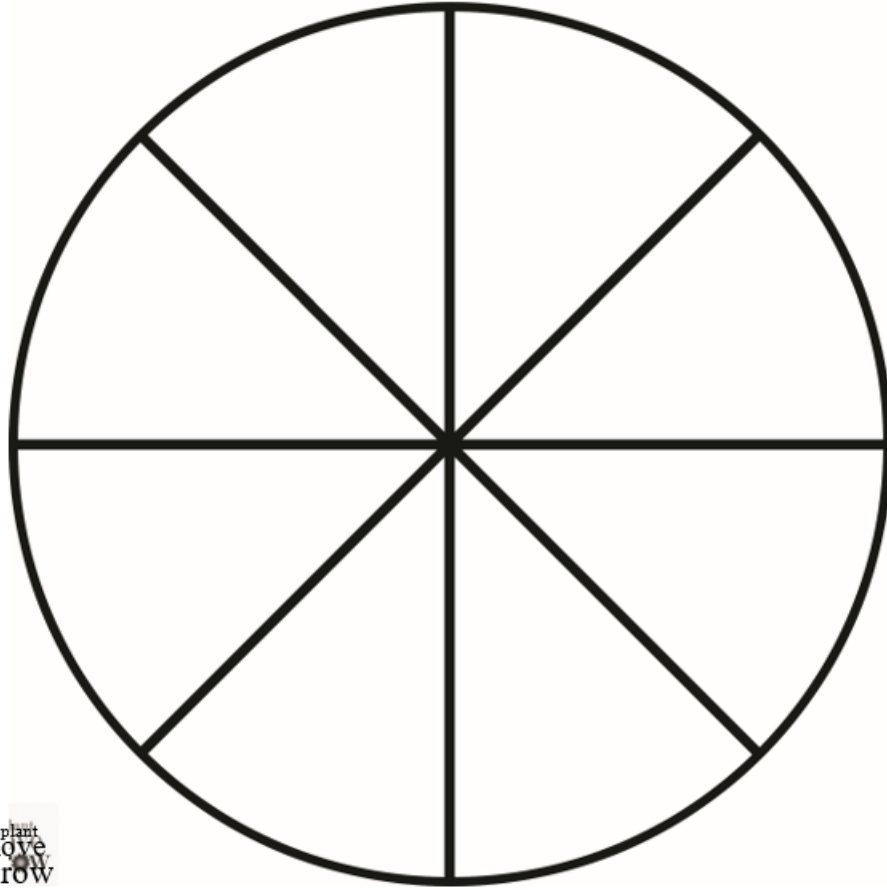
#### Instructions

Write down on paper some memories that were good for you vs. not. These could be experiences you've had or those you've thought about. With scissors, cut out the slips of paper and place them in the jar. When you need a pick me up, take one of those slips of paper out of the jar, reflect on that good experience and God was present for you.

- **Conflict Talk Sheet**

<https://www.plantlovegrow.com/conflict-resolution>

I remind myself that I have choices. Here are a few from MY WHEEL OF CHOICES



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love  
grow

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ww./parentingforabetterworld.org

www.teachingforabetterworld.org

## Meditation Zone

Welcome to the Meditation Zone. Let's pause and listen to this meditation that helps us reclaim a calm mind and spirit. Add a square object or something to remind you to breathe to your sacred table and have fun with a feelings and emotions guessing game.

### Activity Choices

- **Calming Meditation**
  - <https://youtu.be/FKU6QwT8psY>
- **Guess the Feelings and Emotions**
  - <https://youtu.be/MeNY-RxDJig>
- **Square Breathing (Handout)**

## SQUARE BREATHING



<https://youtu.be/PHQ7YZYRams>

### Reflection

1. How did I feel before this breathing activity?
2. What thought went through my head during?
3. How do I feel now?

- **Sacred Table Activity:**

- Add a square object or an item that serves as a reminder to practice mindful breathing

### Media Room

Welcome to the Media Room. My, what a beautiful sunset! Click on the red stars to hear a story about exploring emotions by Paul Christelis, and then reflect on your own emotions and feelings about the story.

### Today we will watch the video:

- Exploring Emotions by Paul Christelis
  - <https://youtu.be/wwzWGjjskso>

### Reflection Questions

- How do you see yourself in this story?
- How do you see this experience in your daily life?

### Creation Station Activities

- Aloha from the creativity station! Dip your toes in the sand or the water and grab your art supplies. This week, we'll explore with our imagination and make a colorful feelings wheel. Remember that no emotion is bad to have. Everything that you feel is valid and okay. It's how we express those emotions that matter. Writing them down or talking them out when you're feeling them is healthy and helpful.

- **Feelings Wheel Handout**

## Feelings Wheel



<https://youtu.be/jetoWeUJjk>

Create a wheel to help you explore your emotions. Know that no emotion is bad to have. Everything that you feel is valid and okay. It's how we express those emotions that matter. Writing them out when you're feeling them is healthy and helpful. This wheel can also be used to help you reflect. For example: when you land on the "excited face", write about a time that you were most excited, or things, memories, or people that make you feel excited.

- **Animal Charades Challenge**
  - <https://youtu.be/kiGkvmuz00k>

## #2 - "Finding Inner Strength."

### Opening Experience

Welcome to week 2 of Belonging. Now that we've practiced ways of identifying with and connecting to ourselves, we will begin our adventure of connecting with others. Remember, there is only one you and only one me, but we are both and all, only human. As humans, it is natural to desire relationships of various levels and connections with others. We will begin our journey with a creative, kid-lead video on tips for making new friends and then dive into some other fun activities to discover connecting with others, different and alike.

### Activity Choices

- **God's Love Handout**



## LOVE

God is love. His love surrounds me.  
In his love, I safely dwell.

1. What does the affirmation mean to you?
2. How does God show up in your life?

Name Five Ways You Gain  
Strength by Managing Conflict

- 1.
- 2.
- 3.
- 4.
- 5.

- **Me Tree**

- <https://www.actionforhealthykids.org/activity/create-a-me-tree-a-self-reflection-activity/>

## Meditation Zone

Soak up the sun while taking in an inner peace meditation and learn healthy mindful habits. Then, add to your sacred space with an item that represents or is a reminder to practice exercising daily mindfulness.

- **Finding Inner Peace and Strength**

- [https://youtu.be/sbmw\\_1BI7LA](https://youtu.be/sbmw_1BI7LA)

- **Mindful Body Scan**

- <https://youtu.be/xLoK5rO18Qk>

- **Heartbeat: A Mindfulness Exercise to Calm Your Emotions**

- <https://youtu.be/3iUf73v92II>

- **Sacred Table Activity:** add to your sacred space with an item that represents or is a reminder to practice exercising daily mindfulness.

## Media Room

Listen to the story, I am Strong, and think about some times that you have shown courage and strength.

- *Today I'm Strong* by Nadiya Hussein
  - <https://youtu.be/Jmn8RtjAvQI>
- **Reflection Questions**
  - How do you see yourself in this story?
  - When are some times that you have shown courage and strength?

## Creation Station Activities

You are one of a kind! There is only one you...even if you're a twin. This week, we will channel into some of your best qualities, that make you the rockstar that you are. We'll also define resiliency, and how to best shape it within ourselves.

- **Strengths and Qualities Handout**

### Strengths and Qualities

Filling out all three lines is optional.

Things I'm good at:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I like about my character:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I like about my body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I would like to learn:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Challenges that I have overcome:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things that make me Unique:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ways that I have helped others:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I am Grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Things I am most proud of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Compliments I have received from others:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



- **Resiliency Alphabet**

### Resilience Alphabet

What is resilience?

Resilience is the ability to keep going when things don't go as we planned. Having a good support system can help when things get hard. This includes trusted friends, parents, teachers, coaches... This alphabet serves as a reminder that it's okay to ask for help, to be mindful of our choices, helps channel our inner strengths.



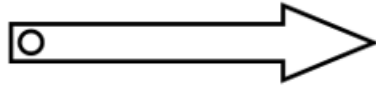
## #3 - “Developing Tools for Managing Conflict”

### Opening Experience

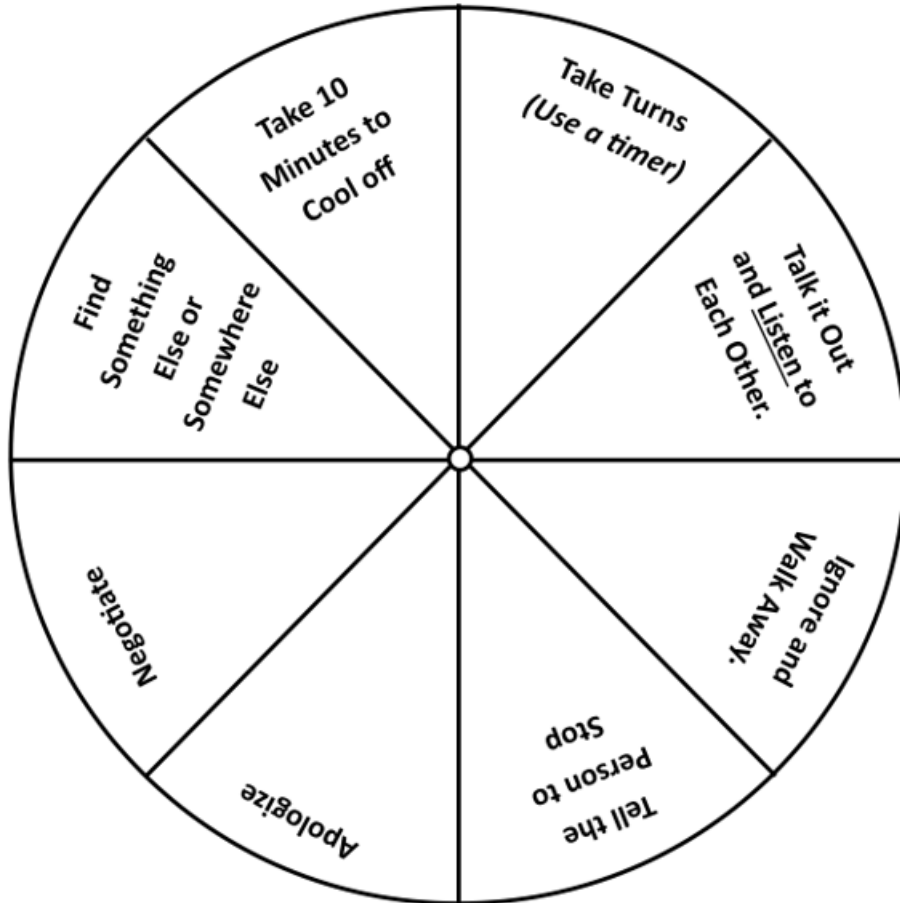
Welcome to week three of the Managing Conflict unit. Lace up your boots and strap on your belt! This week, you will be supplied with just the right tools to help you re-center, manage conflict positively and make healthy choices. The power is within you!

### Activity Choices

- **Choice Spinner**
- [https://www.worksheetplace.com/index.php?function=DisplaySheet&sheet=Conflict-Resolution-choice-spinner&links=2&id=20591&link1=31&link2=507&cn=Conflict\\_Resolution](https://www.worksheetplace.com/index.php?function=DisplaySheet&sheet=Conflict-Resolution-choice-spinner&links=2&id=20591&link1=31&link2=507&cn=Conflict_Resolution)



Turn the wheel into a spinner using a butterfly clip with the arrow. OR, you can use a pencil and a paper clip, students flick the paper clip while holding the pencil in the middle.



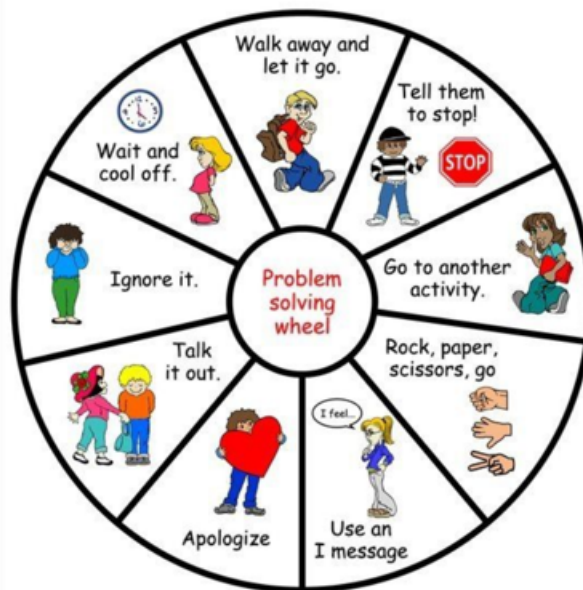
© <https://worksheetplace.com>

## Meditation Zone

I invite you to exist in this moment with me, to close your eyes... step out of the darkness... let go of the pain... shake off the grudge... turn off the voices... and just...be. Be brave, be kind, be fearless...be unapologetically you, with God's grace. After listening to the grounding meditation, take some time to reflect, and add a memento to your sacred space that shows how you find your inner peace.

- **Grounding Meditation**  
[https://youtu.be/q\\_L\\_DiqoRn4](https://youtu.be/q_L_DiqoRn4)
- Tense and Release Muscle Relaxation  
<https://www.waterford.org/resources/mindfulness-activities-for-kids/>
- **Problem Solving Wheel Handout**

# What can I do?



1. In your journal, write about some ways that you have used any of these strategies or some of your own to resolve conflict.
2. What problem-solving tactics would you add to this wheel?

- **Sacred Table Activity**

Take some time to reflect and add a memento to your sacred space that shows how you find your inner peace.

## Media Room

Calm minds bring inner strength and self-confidence. Calmness comes from accepting the unplanned, and things we have little to no control over. Listen to Jayneen Sanders tell a story about how a little girl exercises her calming techniques when the world around her seems so full of chaos.

- ***I'm Calm* by Jayneen Sanders**
  - <https://youtu.be/665FfQRI2z4>
- **Reflection Handout**



## I'm Calm Reflection

1. Write about some of the calming techniques that were new to you, and some that weren't.
2. Which one did you find most interesting?
3. What calming techniques do you use?

### 5, 4, 3, 2, 1... calm



### Creation Station Activities

Earlier this week, we got to put on our work boots and belt. Today, we get to take a load off and put on our dancing shoes! We'll roll into some coping skills and boogie out with a freeze dance! Break out your best moves and get ready to groove!

- **Roll a Coping Skill Handout**


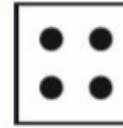

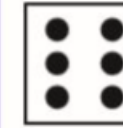
# ROLL A COPING SKILL

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Roll the dice and look at all the coping skills in that row. Then color code each coping skill based on the colors you choose for the following options:

- A coping skill I use
- A coping skill I'll try
- This probably won't help me

Breathe	Stretch	Knit or sew	Read	Play with a pet	Play sports
Count to 10	Cook or bake	Paint	Dance	Pray	Take a nap
Cry	Listen to music	Draw	Sing	Hug someone	Text a friend
Talk about it	Do a puzzle	Write	Color	Meditate	Accept your emotions
Ask for help	Exercise	Play a game	Watch a movie	Think about your favorite things	Think positively
					

- 12 Self-Regulation Strategies (Handout)

## 12 Self-Regulation Strategies

<p><b>1. Take a Time-In</b></p> <p>Spend 5 minutes in a calm, quiet space.</p> 	<p><b>7. Smell the flowers</b></p> <p>Pretend to hold your favorite flowers in your hand. Close your eyes and deeply inhale the "scents" of those flowers. Add lavender for added sensory.</p> 
<p><b>2. Listening Break</b></p> <p>Spend 5 minutes in a calm, quiet space.</p> 	<p><b>8. Move Like Animals</b></p> <p>Imagine your favorite animal. What does it sound like? How does it eat? How does it move? Mimic all of the above.</p> 
<p><b>3. Rainbow Breath</b></p> <p>Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides.</p> 	<p><b>9. Smiling Contest</b></p> <p>Look in the mirror and see how long you can smile. Even give yourself a high five!</p> 
<p><b>4. Sing Vowel Sounds</b></p> <p>Singing long, open vowel sounds such as "ahh" and "ohh" can help balance the nervous system.</p> 	<p><b>10. Tense and Release</b></p> <p>Clench your fists as tight as you can, then exhale to release.</p> 
<p><b>5. Face Painting</b></p> <p>Pretend to paint your face with imaginary colors with the tips of your fingers.</p> 	<p><b>11. Freeze Dance</b></p> <p>Play upbeat music and freeze every time there is a pause in the music.</p> 
<p><b>6. Cool Down</b></p> <p>Drink a cold glass of water, eat some frozen fruit or a popsicle, or simply run your hands under some cold water or take a cold shower.</p> 	<p><b>12. Reflect</b></p> <p>Identify things that have and are going well for you. Also find some thing about yourself and your personality that brings you and others joy.</p> 

- **Freeze Dance Song- The Kiboomers**
  - <https://youtu.be/2UcZWXvgMZE>

## #4 - "Being a Calm Presence."

### Opening Experience

Ahoy again! You made it to the final week of the managing conflict unit. Way to go! Next up is, going on adventures with Hunter and Eve, and using critical thinking skills to save the day on their voyages!

### Activity Choices

- Keeping Calm - Building Resilience with Hunter and Eve
  - <https://youtu.be/losfxbMKwPo>
- Solving Problems- Building Resilience with Hunter and Eve
  - <https://youtu.be/Sd9MZdB1ItU>
- Reflection

1. How did Hunter and Eve work together to solve Hunter's problems?
2. What are the 3 steps to focus on your breathing?
3. How do you think Hunter would have or could have handled his problems if Eve wasn't there?
4. If one solution doesn't work, what should you do?
5. Who is the Eve in your life? Who helps you solve problems when you can't solve them on your own?

## Meditation Zone

Do you ever feel stuck in life or with a problem? Do you get so worried or worked up that you may even feel frozen? Well, the next activity after the calming meditation is sure to melt you! What item will you add to your sacred table to reinforce thawing out any negativity?

- **Calming Meditation**
  - [https://youtu.be/\\_nfx5H\\_7qPE](https://youtu.be/_nfx5H_7qPE)
- **Interactive Melting exercise**
  - <https://youtu.be/WxYwz23yoR4>
- **Sacred Table Activity:**
  - Add an item to your sacred space that reminds you to breathe in moment of chaos

## Media Room

Some say, "The truth can set you free", and while that is very true, so can peace. When we are at peace within our mind and spirit, we can transfer that tranquility to the world around us.

- ***I Am Peace* by Susan Verde**
  - <https://youtu.be/vnR5HDfR3JI>

- **Reflection Questions**

When do you feel most at peace?

How do you help bring peace to others?

## Creation Station

The next activities are packed with endless ideas for stimulating, self-regulating, fun. There are opportunities for coloring, doing experiments, playing games, and sensory galore. Cowabunga, explorer!

- **Under the Sea Coloring Activity**  
<https://www.allfreekidscrafts.com/Learning-Activities-for-Children/Calming-Techniques-for-Kids-Calming-Activities-for-Kids-to-Self-Sooth>
- **Anger Coping Word Search Handout**

# ANGER COPING WORD SEARCH

USE THIS WORD SEARCH TO FIND HEALTHY WAYS OF COPING WHEN YOU BECOME ANGRY!



O E K L A W A R O F O G D  
A J G L A U G H Z D J Q X  
V A V T H C T A W Z S D L  
E G A S S E M L E E F I E  
Z S Q S Y A G L H S D C U  
T A L K T O A F R I E N D  
Z C O U N T T O T E N O T  
H S V G L W D C I S U M Y  
V Z N C S C J D Y D R A W  
C Y A W A K L A W G I P H  
Y J R R E A D A B O O K C  
G N I H T A E R B P E E D  
A H C O L O R I J S N D U

COLOR  
COUNT TO TEN  
DEEP BREATHING  
DRAW  
GO FOR A WALK  
I-FEEL MESSAGE  
LAUGH  
MUSIC  
TALK TO A FRIEND  
READ A BOOK  
WALK AWAY  
WATCH TV



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## Tweens & Teens Lessons

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### #1 - "Recognizing Inner Conflict."

#### Opening Experience

Ahoy, mate! Welcome to the first week of the Managing Conflict Unit. Let us begin this week by embracing the peace in our hearts, mind, and body. God's love within us, gives us all the inner strength we need. Repeat these words: I am calm in moments of chaos... I am strong in the appearance of storms... I choose peace.

#### Activity Choices

- Emotions wheel
  - <https://www.woojr.com/helping-kids-identify-emotions-worksheets/>
- The Power of Not Reacting
  - <https://youtu.be/iHkJjWIZhK4>



## Meditation Zone

Welcome to the Meditation Zone. Let's pause and listen to this meditation that helps us manage strong emotions to reclaim a calm mind and spirit. Add a rainbow, bubbles, or an item of your choice to remind you to breathe to your sacred table.

- **Exploring feelings: Manage strong emotions with this meditation exercise – Flow**
  - [https://youtu.be/KS8p\\_YiolHc](https://youtu.be/KS8p_YiolHc)
- **Rainbow Breathing**
  - <https://www.meehanmentalhealth.com/the-playful-therapist-blog/everyone-needs-a-rainbow>
- **Sacred Space**
  - As we create our virtual sacred space, create one at home! Add a rainbow, bubbles, or an item of your choice to remind you to breathe.

## Media Room

Welcome to the Media Room. Click on the red stars to hear a story about a man named Jerry, who radiates positivity throughout New York City, and has changed the lives of many. Reflect on your own character, and what kind of attitude and energy you spread.

- **The Story of Jerry**
  - <https://youtu.be/7gM0f0ifGfl>
- **Reflection**
  - Why did waitresses quit their jobs?
  - How does Jerry stay so positive?
  - What went through Jerry's mind during the robbery?
  - How would you respond in that situation?
  - Write about ways you keep a positive mindset.

## Creation Station

Aloha from the creativity station! Grab your art supplies, because this week, we'll explore our Feelings with creative and colorful paintings, followed up with a fun emotions dice game. Remember that no emotion is bad to have. Everything that you feel is valid and okay. It's how we express those emotions that matter. Writing them down or talking them out when you're feeling them is healthy and helpful.

- **Emotions Painting**
  - <https://kinderart.com/art-lessons/painting/emotion/>

By recognizing your feelings, you are managing conflict and bringing peace to your heart, mind, and body.

1. What are some daily emotions that you experience?
2. What came to mind while painting your emotions?
3. Write about a style of music that helps you cope with these feelings and why this genre.

- Emotions Dice Set
  - <https://www.andnextcomesl.com/2019/04/free-printable-emotions-dice-game.html>
  - Prepare the dice and read the different feelings that are on it. Describe what these mean to you.
  - Share an experience when this feeling had come up and what you were doing.
  - This could be about an experience that was bad and made you feel bad.
  - Take turns rolling the dice and answer the question that is on the side.
  - If the feeling was “Worry” you could say that your body and mind are overstressed and need to wind down.
  - Explain how recognizing your feelings leads to managing conflict.
  - Know that when you recognize your feelings you manage conflict and have peace in your heart, mind, body.

## #2 - “Finding Inner Strength.”

### Opening Experience

Welcome back to the second week of the managing conflict unit. We will dive deeper into self-awareness and honing your inner strength with a motivational video by David Goggins, and then indulge in some positive self-reflecting with a strengths challenge.

### Activity Choices

- **Learn the Power of Failure | Find Your Inner Strength - David Goggins**
  - <https://youtu.be/ov8-l8NZnbU>
- **Strengths Reflection Handout**

## Strengths Reflection

Read through the list of strengths below. Identify the strengths that best describe you and your personality. Then, write about how these strengths reflect in your daily life and interest. For example: If one of your strengths is being responsible, you might have an interest and talent in helping to take care of others.

Can you recognize how God's love within you gives you inner strength?

- honest
- trustworthy
- caring
- kind
- empathetic
- loyal
- hard working
- resilient
- independent
- cooperative
- shares
- accepts differences in others.
- good sense of humor
- self-starter
- focused
- flexible thinker
- understanding
- good problem solver
- brave

## Meditation Zone

Enjoy this inner strengths mediation by Beth Kurland and then, add to your sacred space with an item that represents or is a reminder to practice exercising daily mindfulness.

- Meditation for Inner Strength by Beth Kurland
  - <https://youtu.be/zuw3fiSG6mQ>
- **Thought Counting**
  - [https://www.momjunction.com/articles/meditation-techniques-for-teens\\_00330301/](https://www.momjunction.com/articles/meditation-techniques-for-teens_00330301/)
  - Write about some of the ways that teens especially may benefit from meditation.

## Media Room

If try, try, try again were a person, it would be Colonel Sanders. He came from a broken household, developed business plans that fell through the cracks, lost all his money, and was rejected literally a thousand times before finally becoming successful. At the age of 75, Colonel Sanders's perseverance paid off, and he was recognized for his life's dream of what we now know as Kentucky Fried Chicken! So, no matter how hard things get, or downhill they seem to be going... try, try, and try again.

- **He Failed a Thousand Times (A story about not giving up based on the life story of Colonel Sanders)**

<https://youtu.be/Dbb4htY9ldw>

- **Reflection**

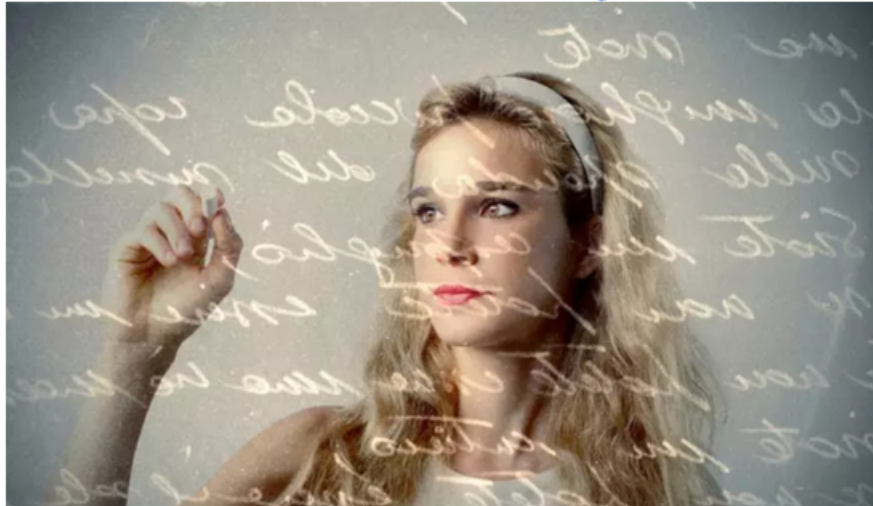
- What parts of this story can you relate to?
- What are some of your roles of responsibility in your everyday life?
- Reflect on some failures you've experienced. Did you give up or come up with a different way to achieve your goal?

## Creation Station

If you could talk to your future self, what do you think the future you would have to say about today you? Would you be proud of future you? Would future you be proud of the choices you make today? This week, we'll put our imaginations to work, by writing a letter to our future selves.

- **Letter to Myself Handout**

## Letter to Myself



Imagine yourself as an adult in the future.

1. What advice would future you give to current you?
2. Talk about some of your future accomplishments.
3. Things/people that made a positive impact on your life. (Maybe someone or an experience from your current age that made an impact on future you.)
4. How do you handle conflict? How does it differ from how you currently handle it?
5. Write anything else you think the future you, would want to tell current you.

Visit this website for more therapeutic Activities for Teens

[https://www.momjunction.com/articles/therapeutic-activities-for-teens\\_00400801/](https://www.momjunction.com/articles/therapeutic-activities-for-teens_00400801/)

## #3 - “Developing Tools to Manage Conflict”

### Opening Experience

Welcome to week three of the Managing Conflict unit. Lace-up your boots and strap on your belt! This week, you will be supplied with just the right tools to help you manage conflict positively and make healthy choices. The power is within you!

### Activity Choices

- **Conflict Resolution Skills**
  - <https://www.helpguide.org/articles/relationships-communication/conflict-resolution-skills.htm>
- **Reflection**
  - Define conflict in your own words.
  - How do you respond to conflict?
  - What are some examples of causes of conflicts in relationships? (This can be relationships with siblings, friends, parents, authority figures...)
  - What key conflict management skills did you take away from this article?

- **Heartbeat: A Mindfulness Exercise to Calm Your Emotions**
  - <https://youtu.be/3iUf73v92II>

## Meditation Zone

I invite you to exist in this moment with me, to close your eyes... step out of the darkness... let go of the pain... shake off the grudge... turn off the voices... and just...be. Be brave, be kind, be fearless...be unapologetically you, with God's grace. After practicing your breathing with the guided meditation, take some time to reflect, and add a memento to your sacred space that shows how you find your inner peace.

- **Guided Breathing Meditation**
  - <https://youtu.be/DbDoBzGY3vo>
- **Take a Breather! Box Breathing Activity**
  - <https://youtu.be/tqqe9lbgVRk>
- **Mindful Word**
  - <https://positivepsychology.com/mindfulness-for-kids/>
- **Sacred Space**
  - Add a memento to your sacred space that represents how you find your inner peace.

## Media Room

Calm minds bring inner strength and self-confidence. Calmness comes from accepting the unplanned, and things we have little to no control over. Learn coping techniques for anxiety, and how to recenter your calm with a mindful approach story by Gabi Garcia.

- ***Find Your Calm* by Gabi Garcia**
  - <https://youtu.be/Z4UMjjO1084>
- **Reflection Questions**
  - How do you feel when you are accepted?
  - What do you think the calling is that God has for you?
  - How can you use your senses to help you feel calm?



## Creation Station

You being at peace with yourself greatly benefits the way in which you resolve conflict. When you go into conflict with a positive attitude, it's easier to come out of it with positivity. Your accountability, self-actualization, self-reflection, and the way you talk to yourself, all play a role in your attitude toward self, others, and your ability to resolve conflict and be resilient.

- **Positive Self-Talk Changer**
  - <https://copingskillsforkids.com/teens>
- **Conflict Resolution Bingo**
  - <https://bingobaker.com/view/3950142>

- 12 Self-Regulation Strategies Handout

## 12 Self-Regulation Strategies

<p><b>1. Take a Time-In</b></p> <p>Spend 5 minutes in a calm, quiet space.</p> 	<p><b>7. Smell the flowers</b></p> <p>Pretend to hold your favorite flowers in your hand. Close your eyes and deeply inhale the "scents" of those flowers. Add lavender for added sensory.</p> 
<p><b>2. Listening Break</b></p> <p>Spend 5 minutes in a calm, quiet space.</p> 	<p><b>8. Move Like Animals</b></p> <p>Imagine your favorite animal. What does it sound like? How does it eat? How does it move? Mimic <u>all</u> of the above.</p> 
<p><b>3. Rainbow Breath</b></p> <p>Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides.</p> 	<p><b>9. Smiling Contest</b></p> <p>Look in the mirror and see how long you can smile. Even give yourself a high five!</p> 
<p><b>4. Sing Vowel Sounds</b></p> <p>Singing long, open vowel sounds such as "ahh" and "ohh" can help balance the nervous system.</p> 	<p><b>10. Tense and Release</b></p> <p>Clench your fists as tight as you can, then exhale to release.</p> 
<p><b>5. Face Painting</b></p> <p>Pretend to paint your face with imaginary colors with the tips of your fingers.</p> 	<p><b>11. Freeze Dance</b></p> <p>Play upbeat music and freeze every time there is a pause in the music.</p> 
<p><b>6. Cool Down</b></p> <p>Drink a cold glass of water, eat some frozen fruit or a popsicle, or simply run your hands under some cold water or take a cold shower.</p> 	<p><b>12. Reflect</b></p> <p>Identify things that have and are going well for you. Also find something about yourself and your personality that brings you and others joy.</p> 

## #4 - "Being a Calm Presence."

### Opening Experience

Ahoy again! You made it to the final week of the managing conflict unit. Way to go! Next up is, a power voyage. Explore Unity's 12 Powers, and how each one plays a role in helping to resolve and manage conflict. But wait, there's more! We get to break out the art supplies again. Make a sun craft to hang as a reflection of life and light, and that you can choose peace at any time.

### Activity Choices

- **Unity 12 Powers**
  - <https://www.unity.org/collection/unity-12-powers>
  - Give one example (or more if you choose), of how each of the 12 powers plays a role in helping to resolve conflict. Example: Love- I am the center of love. When in conflict, I remember to love thy neighbor and choose to love them, even if I disagree with them.
- **Coffee Filter Sun Craft**
  - <https://www.busymommymedia.com/coffee-filter-sun-craft/>

- The sun is a reflection of life and light. Our presence is like this as it connects us to the life and light that is within us.
- When we are aware, we feel life and the light of our divinity encompassing us.
- Being aware of the life and the light as presence, you are a calm presence. We choose joy and optimism in every experience.
- Display your art as a reminder that you can choose peace at any time and be healthy.

## Meditation Zone

Your headspace is another one of those things that can help shape the way you respond to conflict. How do you practice self-care and mindfulness? Join me in this mini meditation to practice our breathing, for a clear headspace. Feel free to listen to it as many times as you want or need. Add a symbol of something that represents a clear headspace or being at peace to your sacred space.

- **Headspace/Mini Meditation**
  - <https://youtu.be/cEqZthCaMpo>
  -

## Reflection

1. As you inhale, think of the feeling that peace evokes. Bring this feeling of peace to your toes and up through your head. Imagine what peace looks like by remembering experiences that brought calmness.
2. Exhaling with the word “love” think of what it would be like to have this feeling of peace every day.

- **Peace Love Meditation**
  - <https://www.kidsyogastories.com/peace-love-meditation/>
- **Sacred Table**
  - Add a symbol of something that represents a clear head space or being at peace to your sacred space.

## Media Room

Some say, “The truth can set you free”, and whilst that is very true, so can peace. When we are at peace within our mind and spirit, we can transfer that tranquility to the world around us.

- I’m Calm/Jayneen Sanders
  - <https://youtu.be/665FfQRI2z4>
- **Reflection**
  - Write about some times that you have experienced “choking.”
  - What can you do to help reduce the chance of choking under pressure?

## Creation Station

The next activities are packed with endless ideas for stimulating self-regulation and reflection. All for the benefit of being at peace and resolving conflict in a Christlike manner. Cowabunga, explorer!

- **Emotions Portrait**



# Emotions Portrait



<https://www.deepspacesparkle.com/emotion-portraits/>

1. Paint or draw an image of yourself as calm.
2. Select colors that represent this state. For some, this might be blue for calm, yellow for warm, or green for fresh.

Your mind has many thoughts each day. Some are good and some are bad.

As you are drawing out each individual feature, think of the senses that each represents. Your eyes, for example, help you see, nose- smell, and lips-taste.

- **Calming Strategies for Teens**

- Put together a blueprint of your idea of a community that is open to all.  
<https://gozen.com/8-calm-down-strategies-for-your-teen/>

**Conflict Resolution: How to Settle Your Differences Fairly | Brain POP**

[https://youtu.be/jg\\_Q34kGsKg](https://youtu.be/jg_Q34kGsKg)