



CONFLICT RESOLUTION SKILLS

Description of this class for parents + caregivers

As kids move through grade school, their friendships often become more complex. There are so many reasons for this:

- **Physically**, kids develop at different ages and rates. Some kids look and act older than others, and differences in physical and athletic abilities become more stark. All of these things can impact friendship dynamics.
- **Emotionally**, kids begin to experience feelings of exclusion, jealousy, or misunderstanding. Often at this age, they don't have the language or tools to work through these feelings.
- **Intellectually**, curiosities and strengths begin to diverge—some love reading while others might prefer math or art. Learning differences also tend to appear as students move from learning to read to reading to learn.
- **Extracurricularly**, interests evolve as kids begin to enjoy new sports + activities. Friendships built on frequent playdates shift as kids lean into their interests both during and after school.
- **Socially**, cliques and social groupings can emerge, leading to exclusion or unkindness.

Because social dynamics are in flux at this age, kids need to learn basic conflict resolution skills to help them navigate these shifts. A close friend may eventually become an acquaintance; a non-friend may turn into a bestie. With these moving parts impacting social groups, conflict is inherent. The good news is: kids can acquire the skills to recognize, talk about, and repair hurt feelings. And they can learn about the power of asking for help when something feels confusing or unfair.