

Scripts About Conflict Habits

Script for Leader 1

Habits are things we're used to doing. For example, we might brush our teeth at a set time, study in the same way each night, or even treat people in certain ways. Habits can be harmful or helpful. A helpful habit I have is _____

What helpful habits do you have? *(Call on students to answer this question.)*

One habit I would like to change is _____.

What habits would you like to change? *(Call on students. Discuss.)*

Script for Leader 2

Helpful habits make life better. Eating healthy foods, getting to bed on time, and finishing homework are helpful habits that improve our lives. Harmful habits make life more difficult. Harmful habits like arguing and fighting, not studying for tests, and being disrespectful can cause problems and make our lives more difficult.

The way we react to conflict is a habit, too. Here's what one fifth grader said about a habit he has when he's angry: "When someone gets me mad, I lose my temper. It's what I've always done. I don't know any other way." How many of you can identify with this? *(Discuss briefly.)*

This boy's habit of losing his temper is a harmful conflict habit. A harmful conflict habit I have is: _____

What harmful conflict habits do you have? *(Discuss with other students.)*



Scripts About Conflict Habits (continued)

Script for Leader 3

The good news is that habits can be changed! We can let go of harmful habits, and we can develop new healthy habits. Here's one student's story of success in turning a harmful conflict habit into a helpful one:

"I always used to yell and scream and curse if someone made me mad. I got in trouble a lot, and my friends didn't want to be with me. I decided to change. Now I try to take everything step-by-step. I try to find out the real story instead of flying off the handle. When I control my anger and talk out problems, I feel better inside. It's like I feel stronger."

This student succeeded in turning a harmful conflict habit to a helpful one. Now she feels better about herself. Her confidence is growing. She realizes that she has the power to change a negative conflict habit into a positive one.

Think about what you can do to change a harmful conflict habit into a helpful one. *(Discuss with other students.)*
