

What's An Interactive Notebook?

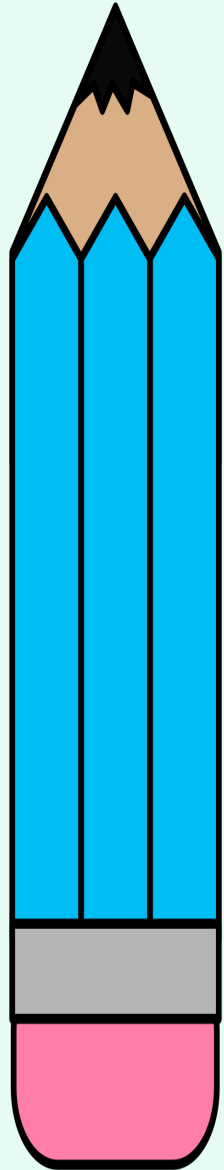
Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

How To Use:

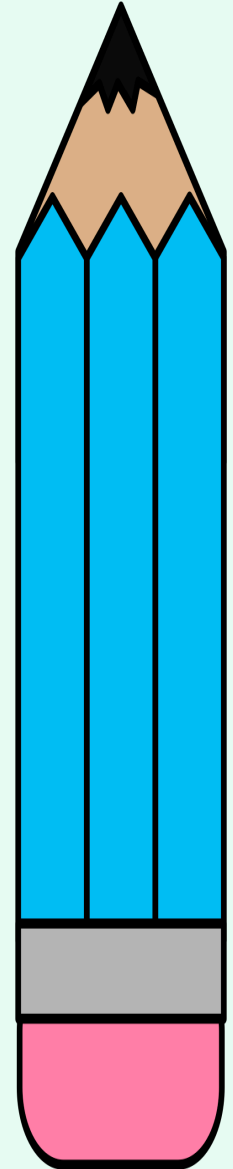
These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

Includes 8 pages!



1. Healthy Or Unhealthy?
2. Calming Strategies
3. Conflict Resolution Strategies
4. Using Conflict Resolution Strategies
5. Making A Compromise
6. Using I-Statements
7. Making An Apology
8. Putting Yourself In Their Shoes



Includes complete template materials for each page!

Putting Yourself In Their Shoes

When we are upset with someone, it can be important to put ourselves in the other person's shoes and try to see things from their perspective. It is important to think about how the other person may view the problem.

You keep asking a friend for help with homework. How might she feel?

You make your friend play games even though he doesn't like it. How might he feel?

You won't get off of the tablet when it is your friend's turn. How might she feel?

You tell your friend he can't join your basketball team. How might he feel?

You trip your friend in front of the class because you think it's funny. How might she feel?

You always go first when you play a game with your friend. How might she feel?

Using I-Statements

A great way to communicate our feelings to others is by using I-statements. When you use an I-statement, you are talking about how you feel and not blaming the other person, which can help everyone stay calm and respectful.

Using Conflict Resolution Strategies

Every conflict that you experience is unique, and has a unique solution. What works in one conflict may not work in another. It is important to think about which strategy you can use to best help you fix the specific problem you have.

USE AN I-STATEMENT

THE PERSON SITTING NEXT TO YOU WON'T STOP KICKING YOUR CHAIR.

SHARE OR TAKE TURNS

YOUR FRIEND IS UPSET WITH YOU BECAUSE YOU WERE GOSSIPING BEHIND HER BACK.

MAKE A COMPROMISE

A GROUP OF OTHER STUDENTS WOULDN'T LET YOU PLAY BASKETBALL AT RECESS.

APOLOGIZE

YOU WANT TO PLAY SOCCER, BUT YOUR FRIEND WANTS TO PLAY FOOTBALL.

ASK THE PERSON TO STOP

YOU AND YOUR BROTHER BOTH WANT TO USE THE SAME VIDEO GAME CONTROLLER.

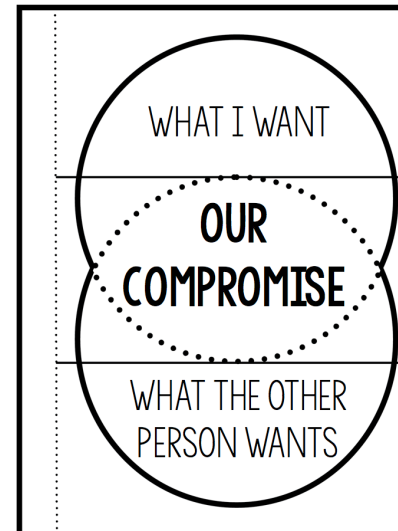
WALK AWAY

YOUR FRIEND HAS BEEN SAYING THINGS LATELY THAT MAKE YOU FEEL UPSET. YOU WANT TO TELL YOUR FRIEND HOW YOU FEEL.

Conflict Resolution Strategies

When you have a conflict with another person, there are many strategies you can use to solve the conflict peacefully. Some strategies may work better in certain situations, so it is important to have multiple strategies in your toolbox!

"Making A Compromise" Venn Diagram Topper



WALK AWAY

SHARE OR TAKE TURNS

Conflict Resolution strategies


ASK THE PERSON TO STOP

USE AN I-STATEMENT

Conflict Resolution Strategies Topper

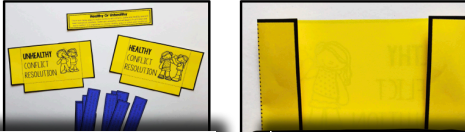
Includes photo and written directions for each page!

Directions For "Using I-Statements"



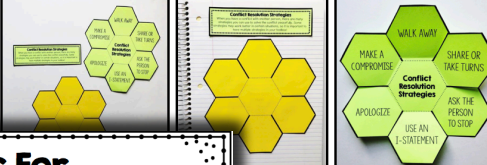
1. Cut out the heading and each of the mini flap books.
2. On each flap cut on the solid line between the top and the bottom of the flap. This should create three flaps. Fold each flap along the dotted line.
3. Attach each flap book in your interactive notebook. It should be attached to the left of the dotted line, and the top flaps should be able to be lifted up. Glue the heading into the notebook.

Directions For "Healthy Or Unhealthy?"



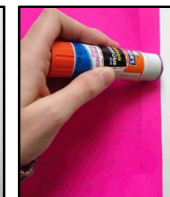
2. Apply the glue to the back of the top flap.

Directions For "Conflict Resolution Strategies"



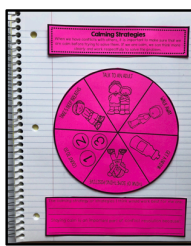
3. On the topper, cut each line between the hexagons, stopping at the dotted line. This should create 6 flaps. Fold each hexagon at the dotted line.
4. Use the spinner to look at all of the calming strategies, and then respond to the prompts on the response sheet.

Directions For "Making A Compromise"



1. Cut out heading and venn diagram base and glue into the notebook.
2. Cut out venn diagram topper and cut on the solid lines, stopping at the dotted line. This should create 3 flaps. Fold each flap along the dotted line.
3. Place glue on the back of the topper, to the left of the fold.
4. Glue the topper onto the base. The two sheets should be attached at the left of the fold and the flaps should be able to be lifted up to reveal the base sheet below.
5. Look at the top flap and the bottom flap, and read each person's point of view for each of the three scenarios. Decide how the two people could make a compromise, and write your response in the correct space under the middle flap.

Directions For "Calming Strategies"



1. Cut out heading, spinner base, response sheet and spinner topper.
2. Glue spinner base, heading and response sheet into the notebook.
3. Line up spinner topper with spinner base and attach by putting a brad through the black dot.

5. Lift up each flap and write the following explanations under the corresponding flaps:
 - "Walk Away": Find something else to do.
 - "Share Or Take Turns": Think of a way you can both get a chance.
 - "Ask The Person To Stop": Use a calm and direct voice.
 - "Use an I-statement": Say "I feel ___ when ___ I want ___."
 - Apologize: Sincerely admit that you were wrong, and ask if there is a way you can fix it.
 - Make A Compromise: Find a win-win.

Includes photos of completed samples for each page!

