



TALK, WALK, REPORT

At Edens Landing State School!

To resolve conflict we can...

TALK, WALK, REPORT



TALK



WALK



REPORT



Feelings and Emotions



- What are some different feelings and emotions?



Feelings and Emotions Videos



Prep/Year One

<https://www.youtube.com/watch?v=UsISd1AMNYU>

<https://www.youtube.com/watch?v=g3J8dirGgOw>

<https://www.youtube.com/watch?v=nTII0cyUbQo&t=66s>

<https://www.youtube.com/watch?v=anHnpDfsItc>

Year Two/Three

<https://www.youtube.com/watch?v=nTII0cyUbQo&t=66s>

<https://www.youtube.com/watch?v=anHnpDfsItc>

<https://www.youtube.com/watch?v=akTRWJZMks0&t=9s>


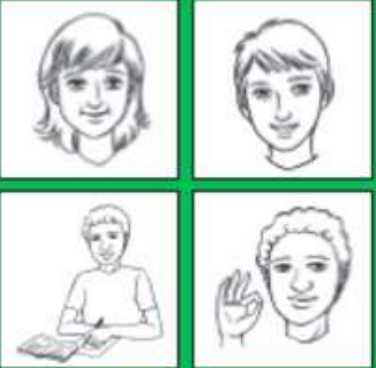
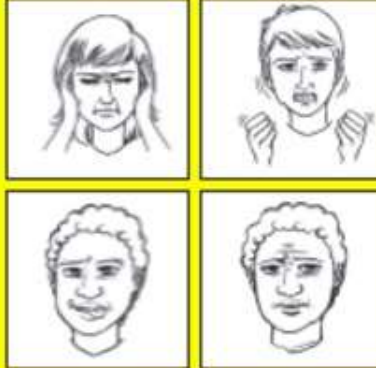

Year Four - Six

<https://www.youtube.com/watch?v=3fTRWpf-eH4>

<https://www.youtube.com/watch?v=KYfRzAll7TQ&t=11s>

<https://www.youtube.com/watch?v=xNY0AAUth3g&t=58s>

The **ZONES** of Regulation[®]

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Mean Terrified Yelling/Hitting Out of Control</p>



Use 'I Statements'

- When you talk, make sure you use 'I statements'
- Say:
 - How you felt (angry, sad, frustrated)
 - What the other person did to make you feel that way
 - What you want next time
- https://www.youtube.com/watch?v=bYf3H70qldI&list=PLnELI22kY1mroC03Ov_nDsUUW_U9_5yqY
- <https://www.youtube.com/watch?v=vWTsH7rBffI>

Create 'I statements'

- Use the pictures or scenarios to create I Statements!



















- You and your friend have a disagreement because he wants to play soccer and you want to play handball. You both start yelling at each other.
- What 'I statement' could be used?



- You are walking from the hall to your classroom and another child bumps into you while you are walking. You fall to the ground.
- What 'I statement' could be used?



- Every day at lunch time, Sam calls you a big cry baby because you cried last Monday when you lost the soccer game. It's making you feel really sad!
- What 'I statement' could be used?



- Felicia is lining up to head down to the oval to play when someone kicks her legs from behind. She turns around and shouts at the boy.
- What 'I statement' could be used?



- Jane calls Max nasty names, like four eyes, because he wears glasses. This really upsets Max and he often cries! Max needs the glasses to help him to read words properly.
- What 'I statement' could be used?



- No one is playing with Alice in the playground, even though she has asked to play with some other girls and she is feeling very sad. She heard Lorena tell the other girls several times not to play with her.
- What 'I statement' could be used?



- Benjamin and Christian are playing soccer at lunch time. Sebastian runs through their game and kicks their ball in the opposite direction.
- What 'I statement' could be used?



- Every day, Charmaine is the first to put her bag on the port-rack but when she comes out at lunch time, Steph has moved her bag.
- What 'I statement' could you use?



- Zian is wearing new braces on his teeth. Nick teases Zian about his new braces. Zian pretends that he does not care.
- What 'I statement' could be used?



- You are playing handball at lunch with some of your friends. Simone, a girl from another class, and some of her friends line up to play. Simone and her friends have been playing every day but she deliberately gets you out every time it is her turn and laughs.
- What 'I statement' could be used?

So remember...Talk



- Talk to the person about what has upset or hurt you
- Use “I statements”
- I feel...when you...because...
- Next time can you please...
 - “I felt sad when you didn’t sit with me because I wanted to sit with you. Next break can I please sit with you?”
 - “I felt angry when you didn’t let me play because I really wanted to. Next time can I please play?”
- A lot of the time, if we talk and share how we feel, the problem will be solved!

