MAKING UP: Explore ways to resolve conflicts between friends

**Age Range:** 3-5

**Skills/Subjects**
- Creative Thinking & Problem Solving
- Dramatic Play & Creative Movement
- Life Skills
- Social & Emotional Development

**Materials**
- markers and poster board

**Directions**
Use role-play and discussion to help children develop conflict resolution skills.

1. **Brainstorm:** Brainstorm with your children ways that friends can "make up" after hurting each other’s feelings (e.g., apologizing, inviting someone to join a game, making a card or picture). On poster board, make a list of positive ways to resolve conflicts and show you’re sorry. Include sentence starters for expressing feelings, such as: *I felt _____ when you _____.* *I apologize for _____.*
2. **Start a story:** Tell children a story that involves a dispute between two friends, using a story from a book, or one that you make up. Stop the story before the resolution.
3. **Create a resolution:** Let children invent their own ending to the story. They can write it, draw pictures, or just discuss. Encourage them to use their list of positive ways to express feelings and resolve conflict.
4. **Role-play:** Have children act out a new ending to the story.
5. **Finish the story:** Share with children the original ending to the story. Discuss how the characters felt and why their feelings caused them to act as they did.

**Act It Out**
Divide children into pairs. Have each child in a pair take turns being each character involved in the dispute from your story. Ask them to act out their own ideas for solutions.