

Don't Flip Your Lid: Restorative Strategies for De-Escalating  
Conflict,  
*Fellow Elective*

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<b>SUMMARY:</b>	In this session we will learn what happens in our body during conflict and practice strategies that will help us work through conflict with campers and peers with intention.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• More self-aware by reflecting on behaviors they find challenging and how they respond in moments of conflict with campers</li> <li>• More confident in their ability to respond to conflict with intention</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Break down conflict using the conflict cycle</li> <li>• Be more intentional in conflict to help themselves and others de-escalate</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• What happens in the brain during conflict/in moments of stress</li> <li>• Strategies that help us and our campers de-escalate</li> </ul>
<b>AUDIENCE:</b>	Fellows
<b>TIMING:</b>	60 minutes
<b>APPENDICES:</b>	Session Workbook
<b>MATERIALS NEEDED:</b>	N/A
<b>SET-UP DETAILS:</b>	Any room with enough space for participants to move around and have space for more personal conversations.

### SESSION TIMELINE

- 00:00-00:05 – Welcome and Framing of the Session
- 00:05-00:10 – Skittles Thumb Wars
- 00:10-00:25 – Pair Shairs – Trigger Handshakes
- 00:25-00:30 – Hand Model of the Brain
- 00:30-00:45 – The Conflict Cycle
- 00:45-00:60 – Restorative Strategies to De-Escalate

### SESSION OUTLINE:

- 00:00-00:05 – Welcome and Framing of the Session – Session leader introduces topic for session and gets a sense of experience in the room.
- 00:05-00:15 – Skittles Thumb Wars – Participants quickly partner off and are told they will play 30 seconds of thumb wars and receive a skittle for each victory. Will hold a few quick rounds. Participants who collaborate with one another will ultimately receive the most skittles. This session will be an opportunity to identify our abilities to show up with intention during conflict in a way that allows everyone to win (counselor and camper).
- 00:15-00:25 – Pair Shairs
  - 1) What are behaviors of campers that really get under your skin?
  - 2) How do you feel in your body when you are starting to escalate?
  - 3) What are unhelpful things you do in these moments?
- 00:25-00:30 – Hand Model of the Brain – Introduce Dan Siegel’s hand model of the brain to introduce what happens in moments of stress. Provide simple breakdown of the limbic system, pre-frontal cortex and cortisol.
- 00:30-00:45 – The Conflict Cycle
  - a. Share conflict story and have participants break down my story using the conflict cycle
  - b. Introduce different conflict styles (competitive, accommodate, avoid, compromise, collaborate) and how they play out
  - c. Have participants reflect on their own conflict using the conflict cycle and how they could have broken the cycle
- 00:45-00:60 – Restorative Strategies to De-Escalate – Introduce key strategies to remember in moments of conflict. Avoid power struggles and shaming, give time and space to cool down, avoid an audience, oxytocin, movement, restorative questions. Have participants pick a strategy that would have been helpful in their conflict story that they want to practice using this summer. Have participants pick a strategy they want to remember to use in a conflict at camp.