



Conflict Resolution Mat

Created By Perk Musacchio

Using the Peace Walk® Resolution Mat

The Peace Walk® has proven to be a very successful conflict resolution tool that can help students work together to find peaceful solutions to common problems, which allows everyone to “let it go,” forgive and move on. It has been used with great success by elementary, middle and high school teachers and counselors.

Roll out the mat anywhere a conflict occurs. It’s helpful to have more than one mat in the building so you can easily locate one when it is needed. If you have trouble keeping the mat flat, place a small amount of tape or adhesive weights on the underside of the rolled edges.

Before using the Peace Walk®, first consider role playing a disagreement by walking the mat and using the language on each step to solve a problem. Students can be given scenarios of typical grade level conflicts and volunteers can demonstrate what it would look and sound like when using the Peace Walk®. It’s important to emphasize that when two people step off the mat, the problem is solved and there is no need to dwell on and discuss the problem any longer.

Some students may need guidance and prompting on ways to express themselves and the importance of hearing what the other person is saying. Many times the conflict is due to a misperception. The seven steps of the Peace Walk® include:

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7
Encourage students to identify how they are feeling.	Encourage students to express their desired outcome.	Encourage students to echo how the other is feeling and what the other wants.	Encourage students to brainstorm ideas for a resolution.	Encourage students to choose how they will resolve the conflict.	Encourage students to make and accept an apology, if needed.	Remind students that after they shake hands, the conflict is over.

Other Suggestions

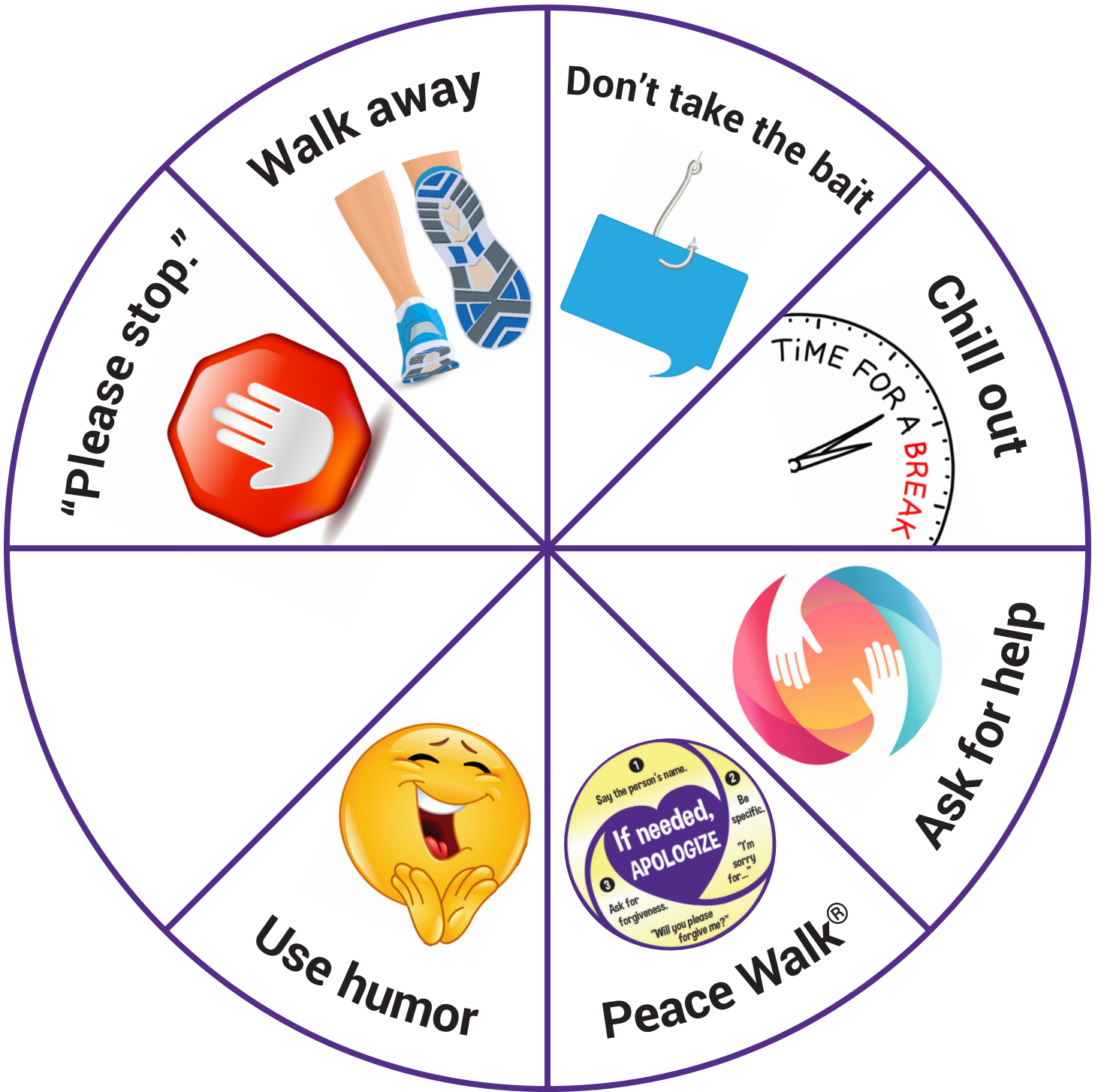
Consider printing and displaying the “Wheel of Choice” around campus to remind students of several options they have to avoid and/or resolve conflicts. The blank space can be personalized for individual settings. The “Wheel of Choice” can also be purchased as a 12” x 12” poster at www.youthlight.com.

Read aloud stories that stimulate discussions about common problems and ways to solve conflicts. Two favorites for all ages are *Simon’s Hook: A Story About Teases and Put-Downs* by Karen Gedig Burnett and *The Recess Queen* by Alexis O’Neill and Laura Huliska-Beith.

Encourage and practice making and accepting a sincere apology. The skill of forgiveness is just as important as being willing to apologize. Some students have difficulty apologizing and can use support by practicing a variety of scripts, such as: “(Name of person), I did not mean to hurt you. I’ll try to make a better choice next time. Can you please give me another chance?” It’s critical that the other person hears and acknowledges the apology.

PeaceWalk®

Wheel of Choice





Other Recommended Resources

- Allison, C., & Geyer, K. (2014). *The bully and the shrimp*. New York, NY: Parragon.
- Binkow, H., & Cornelison, S. (2008). *Howard B. Wigglebottom learns about bullies*. Marina Del Rey, CA: Thunderbolt Publishing.
- Binkow, H., & Cornelison, S. (2011). *Howard B. Wigglebottom learns about sportsmanship: Winning isn't everything*. Marina Del Rey, CA: Thunderbolt Publishing.
- Binkow, H., & Cornelison, S. (2010). *Howard B. Wigglebottom learns it's okay to back away*. Marina Del Rey, CA: Thunderbolt Publishing.
- Binkow, H., & Cornelison, S. (2005). *Howard B. Wigglebottom learns to listen*. Marina Del Rey, CA: Thunderbolt Publishing.
- Binkow, H., & Cornelison, S. (2008). *Howard B. Wigglebottom listens to his heart*. Marina Del Rey, CA: Thunderbolt Publishing.
- Bowman, S. & Moon, P. (2013). *Brad learns how to take a bite out of meanness: Being positive and firm when dealing with teasing and name calling*. Chapin, SC: YouthLight, Inc.
- Bowman, S. (2012). *The drama llama: A story about spreading rumors & gossip*. Chapin, SC: YouthLight, Inc.
- Bowman, S. (2016). *Good choices or bad choices and how to know the difference*. Chapin, SC: YouthLight, Inc.
- Burnett, K., & Barrows, L. (2000). *Simon's hook: A story about teases and put-downs*. Roseville, CA: Grandma Rose Publishing.
- Cook, J., & DuFalla, A. (2009). *Bully B.E.A.N.S.* Chattanooga, TN: National Center for Youth Issues.
- Cook, J., & DuFalla, A. (2012). *Cliques just don't make cents!* Boys Town, NE: Boys Town Press.
- Cook, J., & Hartman, C. (2005). *My mouth is a volcano!* Chattanooga, TN.: National Center for Youth Issues.
- Cook, J., & DuFalla, A. (2013). *Peer pressure gauge*. Boys Town, NE: Boys Town Press.
- Cook, J., & Hartman, C. (2007). *Personal space camp*. Chattanooga, TN: National Center for Youth Issues.
- Cook, J., & DuFalla, A. (2006). *A bad case of tattle tongue*. Chattanooga, TN: National Center for Youth Issues.
- Dean, K. (2011). *She said what about me?: Hurtful words can destroy a special friendship*. Chapin, SC: YouthLight, Inc.
- DeBell, S. (2006). *How do I stand in your shoes?: A story about empathy*. Chapin, SC: YouthLight, Inc.
- Disomdy, M., & Shaw-Peterson, K. (2008). *Spaghetti in a hot dog bun: Having the courage to be who you are*. Wixom, MI: Making Spirits Bright.
- Donaldson, J. (2005). *The spiffiest giant in town*. New York, NY: Puffin Books.
- Edmister, K. (2013). *Big deals and little deals and what to do when they happen to you*. Chapin, SC: YouthLight, Inc.
- Jensen, S., & Moon, P. (2014). *Princess Priscilla and the bully-bee day*. Chapin, SC: YouthLight, Inc.
- McCloud, C., & Messing, D. (2006). *Have you filled a bucket today?: A guide to daily happiness for kids*. Northville, MI: Ferne Press.



Other Recommended Resources

- Mulcahy, W., & McKee, D. (2012). *Zach apologizes*. Minneapolis, MN: Free Spirit Publishing.
- Naylor, P., & Malone, N.L. (1991). *King of the playground*. New York, NY: Atheneum Books.
- O'Neill, A., & Huliska-Beith, L. (2002). *The recess queen*. New York, NY: Scholastic Press.
- Otoshi, K. (2008). *One*. Novato, CA: KO Kids Books.
- Penn, A., & Gibson, B. (2008). *Chester raccoon and the big bad bully*. Terre Haute, IN: Tanglewood.
- Ragona, S., & Dumm, B.C. (2012). *Bella and the empathy adventure: Building positive relationships*. Chapin, SC: YouthLight, Inc.
- Ragona, S., Tranel, A., & Faile, C. (2006). *Please stop, I don't like that: 6 magic words to be respectfully assertive*. Chapin, SC: YouthLight, Inc.
- Ransom, J.F., & Urbanovic, J. (2006). *Don't squeal unless it's a big deal: A tale of tattletales*. Washington, D.C.: Magination Press.
- Rosenthal, A.K., & Lichtenheld, T. (2009). *Duck! rabbit!* San Francisco, CA: Chronicle Books.
- Smith, B., & Griffin, L.M. (2016). *What were you thinking?: A story about learning to control your impulses*. Boys Town, NE: Boys Town Press.
- Sornson, B. (2013). *Stand in my shoes: Kids learning about empathy*. Golden, CO: Love and Logic Press.