

Acorn

News in a nutshell **APRIL 2017**

KINDNESS

SELF-DISCIPLINE



RESPECT

HONESTY

COURAGE

Working it out, together

The skills needed for effective conflict resolution include thinking skills for problem solving, as well as skills for managing emotions and communicating with others.

The key conflict resolution skills are:

- being able to **control** angry or anxious feelings
- learning to **listen** even when you disagree
- **understanding** the other person's opinions and feelings
- being able to think of different **solutions**
- exchanging **ideas** with the other person
- finding '**win-win**' solutions.

How parents can help

Using the steps of conflict resolution to coach children to come to their own solutions helps them learn the skills they need. Learning to resolve conflict successfully takes good coaching and lots of practice.



VISIT OUR

NUT SHOP BLOG - www.thecharactercompany.co.za/blog (Fantastic articles from our MENTors & Moms)

TOP 6 TIPS

Coaching children to resolve conflict

STEP 1.

Help children see conflict as a temporary problem they can resolve on their own or with your help. Encourage them to talk about how they feel.

STEP 2.

Get each child to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person.

STEP 3.

It is often helpful for the coach to then re-state the concerns of both parties.

STEP 4.

Get children to suggest at least three different solutions. If they can't think of any, offer some ideas for them to think about.

STEP 5.

Help children agree on a solution that will work and put it into action.

STEP 6.

Congratulate them on sorting it out.



24 February...
Dinner with a Difference
Senior Oaks Event

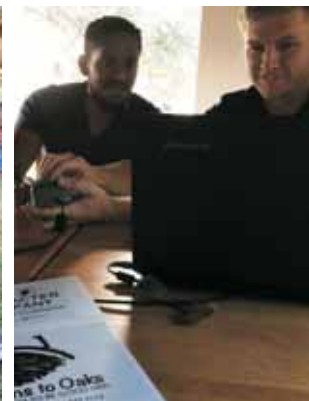


5 March
Vaalrivier Picnic



Activities

We are away camping!
Our afternoon activities
will resume on 18th April
- we look forward to
seeing you soon!



TALK TOPICS CONFLICT MANAGEMENT

Why do you get angry? Express your opinion positively
Is it really worth it? Anger Management &
How to fight fair Assertiveness

Dear Moms,

As our programme grows we are unable to extend EVENT invitations to every single acorn on our programme.

In many instances we have been invited to an event and been given a limited number of spaces or tickets, so we either work on the basis of first come, first served or we will send out invites to specific acorns.

Many of our events require complex logistics around transporting and feeding a large number of children, and we may not have enough resources to ensure we can always include over 50 acorns at every event.

Please understand that we are rotating our invitations to ensure that every acorn gets the opportunity to attend an event.

What's on in APRIL

2 - 5 APRIL
JUNIORS HOLIDAY CAMP!
B'sorah Camp site

6 - 9 APRIL
SENIORS HOLIDAY CAMP!
B'sorah Camp site

22 APRIL
MENTors' Event

23 APRIL
Family Picnic - invitations
to follow

28 April
Weekend Camp
Invites to follow soon

Review

MARCH THEME:
Communication

4 March
iBounce

5 March
Vaalrivier Picnic

12 - 19 March
Bonsai Camp

24 - 26 March
Fairlands Father & Son
Weekend camp

26 March
MENTor's Orientation

31 March
Dinner With A Difference -
seniors FUNdue!