



# Lesson 1

## Ways to Disagree and Solve Conflict

### Say:

Have you ever been in an argument? What did you do to solve the problem? What worked? What didn't?

### Watch:

<https://www.youtube.com/watch?v=ghk-nDJB3Tk>

### Discuss:

Did you hear anything in the video that you thought you might use? What does Kid President mean by Pause, Breathe, Love?

### Do:

Role play Pause, Breathe, Love in an argument

### Wrap up:

There are many ways to solve conflict and this is just one of them, follow up with students on specific situations and offer suggestions.



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