

Mastering Attitude

Avoiding a Fight



SAMPLE
Not for
distribution

Conflict

RESOLUTION

GETTING IT

RIGHT

Successful

STRATEGIES



NAME:

PART A

Identifying THE PROBLEM

QUESTION 1

What did you do wrong that got you into trouble?

.....

.....

.....

.....

.....

.....

QUESTION 2

What were you thinking at the time?

.....

.....

.....

.....

.....

.....

QUESTION 3

What were you hoping would happen?

.....

.....

.....

.....

.....

.....

QUESTION 4

Why did you choose to behave like you did?

.....

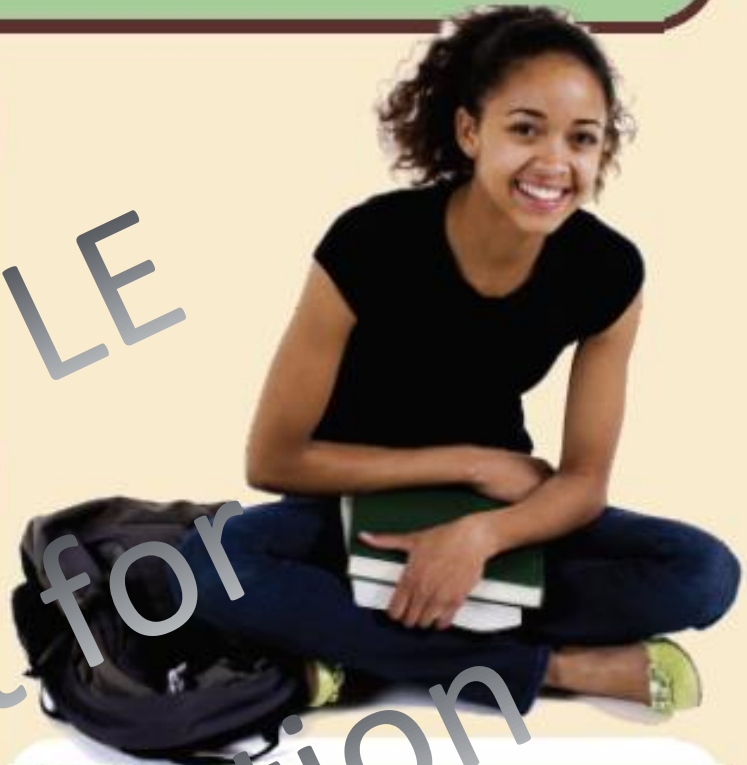
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SAMPLE
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Words you could use

joke	angry	silly	laugh	cross	swear
get even	pushed	kick	frustration	fun	spat
hit	hurt	disappointed			

AVOIDING A FIGHT

BY *Getting*
IT
RIGHT

QUESTION 13

Describe fights that you have experienced

a) At school.

-
-

How was this conflict solved? Did anyone help you solve it?

-

b) Outside of school

-
-

How were these fights solved? Did anyone help you solve them?

-



QUESTION 14

Describe fights that you have experienced

When we are young, our parents and teachers often took control of our lives and helped fix our problems. But as we get older, it is expected that we will rely less on other people to solve our problems.

We need to learn how to solve problems which are within our control. We also need to be shown or taught how to behave responsibly to avoid getting into conflicts.



WORD LIST

young	problems
parents	older
conflicts	solve
fix	

Mastering Attitude

Sportsmanship

SAMPLE
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Name:.....

NO ONE LIKES A

SORE
LOSER

OR A

CHEAT



Cross your fingers and hope you don't get caught?

Better still; don't cheat or lie

Fair play, adherence to rules, respect for authority and kindness toward opponents are all values that are part of sportsmanship, but these ideals are also essential components of mature behaviour in other situations such as school, work, the shops, the beach, ... any social setting.



VIDEO 10- TSN Top 10 Cheaters (3:10)

The MagicMan Published on 12 May 2015.

<https://www.youtube.com/watch?v=Za6h9kAN13o&t=1s>

VIDEO 11- TSN Top 10 Poor Sportsmanship Moments (4:27)

The MagicMan Published on 25 Aug 2015 YouTube

<https://www.youtube.com/watch?v=L3yXkvYY-wY&t=176s>

1. What do think about players who cheat?
2. Do you think someone cheats at sport, is likely to cheat in other aspects of their life? E.g. maths test, telling lies? Yes/No Explain your answer.....
3. What does 'cheating' say about someone's character?
Do you like playing games with cheats? Yes/No. Why?.....
4. Is being trusted important to you? Yes/No. Why?
5. How do you gain trust?.....
6. How do you lose trust?.....
7. What are the personality characteristics of a good coach?.....
8. What are the personality characteristics of a good team-player?.....

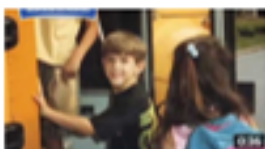
VIDEO 13- 2015 MEAC Football Sportsmanship Commercial (0:31)

Hubison Sports Published 14 Sept 2015 YouTube

<https://www.youtube.com/watch?v=MKLdo4HLeOk>



Academic and life success is just as important as athletic success in the Mid-Eastern Athletic Conference. Is it the same here?.....



VIDEO 14-Michael Phelps: Why School Is Important (0:36)

KidsHealth.org Published on 2 July 2012

<https://www.youtube.com/watch?v=iZl-STHDrc>

Dealing with the Consequences

Question 6

What have the consequences been as a result of this incident?

- I was dropped from the team
- I lost some sponsorship
- I have lost TV/ Internet/ phone privileges
- I have to pay for the damage
- Other player(s) were hurt
- I am not allowed to represent my school
- Other.....
- I have been banned from playing for several matches
- My parents have 'grounded' me from going anywhere
- I have been injured
- My parents had to go to the Police Station
- I feel depressed and sad
- I have been suspended from school



Question 7

What have you thought about since the incident?

.....
.....
.....

Question 8

Is there anything you can do to 'fix' the problem?

.....
.....
.....

Question 9

Do you think it will help make things 'better'?
Why?.....

.....

MAKING THINGS BETTER

SAMPLE
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MAKING

THINGS

BETTER

QUESTION 7

What can you do to fix the problem?

Fill in the missing words in the sentences. Use words from the list below.

I could a to my classmates and my teacher and tell them I am s..... for the h..... I have caused them by d..... their learning.

I could also tell the s..... in my class that I now understand how important learning is if we want to succeed.

I realise I am being very s..... if my behaviour to stops any classmates from l.....

I could tell my t..... that I now understand how my b..... in class has made it hard for them to teach.

I could say I'm sorry that I made them waste their time because they could have spent that time h..... my classmates and I to learn.

It is important that I tell everyone in my c..... that I p..... to s..... behaving in this way and start to show some r..... towards them.

Word List

care
harm
promise
swearing

respect
hurt
taken
teacher

apologise
friends
helping
selfish

stop
behaviour
class
disrupting

sorry
learning
students
return




Understanding the **IMPACT** of your behaviour

Sometimes people ask you to stop teasing. They could say:

QUESTION 4
Use these statements to fill out the table below.

People will be hurt
It's not fair
Why do you do it?
What's wrong with you?
People will get angry

It will lead to a fight
It upsets people
Some people cry
You will get into trouble
People will start yelling

Person	What could they say to you?	Why would they say this to you?
 <p>Your Parents / other parents</p>		
 <p>Teacher</p>		
 <p>Friends</p>		

Mastering Behaviour

MASTERING RESPECT

Controlling Rudeness

MAKING friends

THINK BEFORE you speak

how do you feel?



NAME:

Mastering Behaviour

MASTERING RESPECT

Keeping hands to yourself

respect OTHERS

SAFE SCHOOLS

HURTING others



Mastering Respect – Controlling Rudeness

Question 6

Why are you not allowed to call other students rude names at school?

.....
.....

WORDLIST

- sad unhappy upset
- angry revenge threatened
- rude yell afraid happy



Question 7

People behave like 'mirrors'

- If someone is **happy**, people around them are **h**.....
- If someone is **sad**, people around them can become **s**.....
- If someone **yells** at you, you tend to **y**..... back
- If you are **rude** to someone, it is likely they will be **r**..... to you.



Question 8

When **has** someone been rude to me?

.....
.....

Question 9

How do you feel when people are rude towards you?

.....
.....

Mastering Respect – Controlling Rudeness

Question 1

Circle the pictures that show a person who could have been upset by another person's rude comments.



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Mastering Respect -Keeping hands to yourself

Question 19

What do you think the boy(s) were thinking when they took the soccer ball from the boy?

.....

.....

WORDLIST

fun
bully
mucking about
showing off
regret
sorry
rules
trouble
angry



Question 20. What do you think the boys were thinking when the ambulance arrived?

I think they would be

.....

.....

Question 21

How would the 11-year-old boy's parents be feeling now?

.....

.....

Question 22 'Taking someone else's property without permission can end badly.'

Do you agree with this statement?

Explain.....

.....

Mastering Respect -Keeping hands to yourself

Question 23

How can you improve the way you follow the 'hands off' rule?

Read the following sentences and *circle* the way you should behave

- If someone says something to you which is rude, how should you react?
 - Ignore them or tell them to stop
 - Hit them
- Someone in your class starts poking you in the arm
 - Tell them to stop or move away
 - Poke them back
- You take the tennis ball from students playing handball. They tell you to give it back.
 - Give it back (nicely)
 - Throw the ball so hard you hurt someone.
- The teacher asks you to carefully put your bag in the rack outside the room
 - You keep pushing your bag into the back of the person standing in front of you
 - You take care not to let your bag hurt anyone
- Someone disagrees with what you are saying
 - Hit them
 - Listen to what they have to say without 'putting them down'



Mastering Respect- Understanding anger

Controlling Anger

There are a number of things that you can do to try to control your anger.

You need to know the 'things' that make you angry

These things are called 'triggers'.

Triggers can include

- not being allowed to play computer games;
- arguing with your brother/sister;
- being kept in after class;
- getting blamed for something you did not do.

If you can understand your triggers, you may be able to manage the angry feelings better.



Question 8

What are your triggers? (what or who makes you angry?)

I get angry when

-
-
-

Mastering Respect- Understanding anger

Question 9

What 'warning signs' do you notice in your body when you get angry?

When I get angry I

.....

.....

.....

Wordlist

Shake
Heart
Sweat
Scream
Hot
Confused
Tense

Question 10

What do you do when you are angry?

Circle your answers



- | | | |
|------------|----------------|------------------|
| push | punch | throw things |
| kick | cry | ignore people |
| swear | say nothing | steal |
| hit | spread rumours | spit |
| slam doors | yell | eat / do not eat |