

RULER ANCHOR

THE BLUEPRINT

FOURTH GRADE

MY NAME _____

DATE _____

Duration: 60 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- We can use the skills of emotional intelligence to help resolve interpersonal conflicts.
- When we are able to consider our own feelings, as well as the feelings and concerns of others, we are able to solve problems more effectively.
- The Blueprint invites students to reflect upon past conflicts, resolve them more sensitively in the moment, and plan for future scenarios.

Activity Goal:

- To use the Blueprint to investigate an environmental issue that has many possible viewpoints. The goal is not to find the “correct” stance, but to develop an understanding of different perspectives!

Activity Steps:

1. First, read through the Blueprint Overview together.
2. Next, your child can choose an environmental issue (either from the list of suggested topics or based on their own interests) to investigate with your family.
3. Your child should guide family members through each step of the Blueprint, describing how people in different groups might have different perspectives about the issue.
4. Then, your child and family can work together to come up with emotion management strategies that can accommodate and allow for both perspectives.

2

Student, follow the first steps and then have fun doing the activity!

First Steps

1. Review the Blueprint Overview together.
2. Share a few examples of when the Blueprint tool might be useful and how it is used in your classroom.

The Activity



1. With your family members, choose an environmental issue that is important and interesting to you. You can choose one from the list below (on Activity Sheet 1), or come up with your own!
2. Write down what the conflict is in one or two sentences. What is the problem? What are two possible perspectives on the issue? If you'd like, you can do some research in books or on the Internet to understand the issue better.
3. Discuss what emotions two people with these different perspectives might feel, and write your ideas on Activity Sheet 1.
4. Try to understand why the two people felt these emotions, and what caused the feelings. Write your ideas down!
5. Imagine different ways that the two people might express their emotions in this situation. Do you think some of these ways would be more helpful than others?
6. Brainstorm strategies that the two people could use to resolve the conflict in a way that respects both viewpoints.

3

Conflict Resolution for a Better Environment

ACTIVITY SHEET 1

INSTRUCTIONS

Create a plan for resolving a conflict about an environmental issue.

Environmental issue ideas:

- 1. Cars release gases that pollute the air
- 2. Animals can be trapped in plastic bottles and plastic shopping bags
- 3. Trash in water harms animals who live in ocean habitats
- 4. Producing meat to eat uses a lot of water and grain resources

What is the environmental issue and conflict you choose to explore?

What are the two different perspectives? On the one hand: Person A's perspective.

On the other hand, Person B's perspective.

4

Now, let's Blueprint the Conflict

RULER Skill	Person A	Person B
<p>Recognize and Label</p> <p>Being aware of what we, or someone else is feeling, and giving the emotion a name.</p>	How did Person A feel?	How did Person B feel?
<p>Understand</p> <p>Exploring what led you to feel that way, and how your feelings may have affected your thoughts and behaviors.</p>	What caused Person A's feelings?	What caused Person B's feelings?
<p>Express</p> <p>How we show our emotions, and manage our emotions, so that we have the best outcomes.</p>	How do you think Person A could manage and express their feelings to get the best outcome with Person B?	How do you think Person B could manage and express their feelings to get the best outcome with Person A?

