

# Newsletter De Vreedzame School



We hebben oor voor elkaar

## Block 3: We listen to each other

### Block 3: General

In this block we encourage the children to listen to each other'. The lessons are about communication, about 'talking with each other' instead of 'talking to each other'.

The children learn what good and bad listening is. In pairs, the children practice listening to each other. One tells, the other listens. Good listening can be seen in eye contact, nodding, active body posture and repeating what the other person said.

The children learn to put themselves in another person's shoes. They learn that it is important to listen well to each other and say clearly what you mean.

This prevents misunderstandings and conflicts. They learn to ask questions and summarize. This shows that you have understood the other person well.

We discuss with the children that people can look at the same things in different ways. We talk about having different 'points of view'. We sometimes look at the same things differently because we have different experiences and feelings and because we come from different families.

In this way we teach the children to deal with differences of opinion. In the upper school the children learn to argue and debate. This involves defending a position, for example "children should go to bed on time" or "someone who bullies should be punished severely. In group 8 the children learn about cyberbullying and what they can do. They learn about differences in communicating through social media and face-to-face.

If you would like to learn more about De Vreedzame School please visit [www.devreedzameschool.nl](http://www.devreedzameschool.nl)

We start with the lessons from:

### Block 3: We listen to each other

The children learn important communication skills such as communicating clearly, listening well, asking questions, putting themselves in another's point of view, bridging differences of opinion.

Lessons focus on:

- Telling clearly. Being able to communicate well is very important in conflict resolution. Poor communication can exacerbate conflicts.
- Good and bad listening. The children learn to actively listen to each other, ask good questions and summarize what the other person has said.
- Misunderstandings. What one person means and how the other understands it. They learn to see how the interpretation of a message can differ.
- Viewpoints. The children learn to empathize with another person's opinion or position.
- Supporting an opinion with arguments, in the upper grades through debating.
- Bridging differences of opinion and coming to an agreement.
- In grade 8 on dealing critically with information, and on communicating respectfully through "social media.

### In Block 2 'We solve conflicts by ourselves' the children have learned:

- - To solve a conflict properly yourself.
- - To devise win-win solutions.
- - To apply the step-by-step plan TALK IT OUT.
- - To be aware of their own way of responding to conflict.
- Red- aggressive, you are angry and get adrift.
- Blue- walking away, you don't say what you think.
- Yellow- firm, you stand up for yourself.
- - To think about group pressure and having your own opinion.
- - How to deal with criticism.

### Block 2



We lossen conflicten zelf op

### Tip for home

At home, make use of TALK IT OUT. This is a step-by-step plan used to solve conflicts. During Block 3, groups 1 through 6 will again receive a chatter card to take home. As parents, you can discuss the Block 3 chatter card with your child, such as, for the preschoolers, "Can you demonstrate how to listen to each other properly?" Or, "Will you tell me something while I listen and then ask a question?" Or, "How can you 'tell' something without using your voice, such as with your face, arms, hands? Show that you like and dislike something."

### **A question for Lorenzo from grade 6**

What do you think of the lessons of The Peaceful School?

I really like the Peaceful School lessons. I especially like the introductions. They are often fun games. And the endings too.

What did you learn from the lessons of block 2?

That you have to cool down first and only then you can solve a conflict. You have to count to 10.

I like the step-by-step plan. Children then don't just blame another child.

How does the step-by-step plan work?

You have to put on your yellow hat. You have to listen to the other child. But also tell them what I want. We then have to come up with a win-win solution.

We had to practice that in class. If someone was not allowed to participate in a game on the square. I think coming up with my own solutions is good.

### **Visiting group 7**

The teacher grabs the boost box. There are two bills in it. Thomas gets to open the bills. It's a boost for Megan because she's funny. And for Charlotte for being funny. We're going to do another lesson from peaceful school. Are you looking forward to it? The students nod. The teacher is going to do the heart in the circle. The student who has the red heart gives a boost to a classmate. 'I give a boost to Bob because he is always so smart with math. I give a boost to Bas because he plays nice. I give a boost to Lotte because she is always very nice'.

The teacher reads a story about Maartje, a student who gets punishment for sitting and reading a bill she got from Fleur. She finds it very annoying that she has to stay after school, because she has her first riding lesson today. Maartje is very angry with Fleur after school. The students go in pairs to come up with a solution. Some students play out the solution. Fleur says that she gave the paper and says that she will stay after, then Maartje can go to riding lessons. The teacher thinks that is very fair of Fleur and they both get to go home. That's a win-win solution.

In closing, the teacher passes electricity. The students shake hands, they have to feel what has been passed on. They succeed very well. Then the students go outside to play.

### **Visiting group 4**

The students are sitting in the circle. The teacher tells them that today we are going to do the TV fight. Vincent and Wessel get to do it later. First we do the entry. Stand up if you have ever won a prize. A lot of children stand up. Sit down again, says the teacher. Stand up if you came to school on foot. If you had a dream last night. The children enthusiastically tell each other about the dreams.

Today we are going to learn how to resolve a conflict. It's all about a win-win solution, i.e. you're both satisfied. Vincent and Wessel get to act out the TV fight in front of the class. They have a conflict about which TV show to watch. They both want to watch something different. The remote control keeps being taken away from each other. The children watch tensely. The boys get a round of applause.

Now the students go in pairs to come up with a solution to this TV fight. All the children are busy talking. Then some pairs get to say what they came up with. Solutions are: take turns watching for 15 minutes, buy a TV with it, etc. Watching a movie they both like is the best solution. At the conclusion of the lesson, they shake hands. The teacher goes to make a phone call to Bjorn. The teacher gently squeezes a student's hand, students pass the squeeze until it reaches Bjorn. Hello, says Bjorn. The children laugh. Now Bjorn goes to call Vincent. Hello says Vincent. Then the lesson ended.

### **Report by Jesse, grade 8**

The lesson was about the Roadmap. In this lesson I learned about the step-by-step plan. When you have a conflict, you are often angry. You then need to cool down first. On the square there is a cooling off bench. You can sit there. You have to put on the yellow cap. Then you can listen to the other person's story. You must also be able to tell your story clearly so that the other person understands.

It's important to come up with a win-win solution. We both have to be satisfied with it.

### **Report from Fadouha, group 3**

Monkey and tiger I like very much. When they argue. About who gets to tell first. The children then have to say how to solve it.

That's a conflict. If children start cursing, then it's a quarrel.

A conflict is allowed, but arguing is not good.

I really like the introductions.

The teacher has music. The children walk through the classroom. When the music stops, you have to find someone who has the same color shoes on. And more things.