Conflict Resolution Pre/Post Test

Name__________________________ Grade/Team_________________ Date_____________

Please circle Yes, Maybe, or No for each statement below.

1. As long as there are people, there will be conflict. Yes Maybe No
2. Conflicts can be solved peacefully. Yes Maybe No
3. When I have a conflict, I ignore it until it goes away. Yes Maybe No
4. I can recognize when I start to get angry. Yes Maybe No
5. I know how to calm myself when I am angry. Yes Maybe No
6. I can apologize and take responsibility when I am wrong. Yes Maybe No
7. I try to understand the other person’s point of view. Yes Maybe No
8. I know how to compromise. Yes Maybe No
9. I can communicate my feelings and needs. Yes Maybe No
10. I know when and how to get help from an adult. Yes Maybe No

Post Test Only: On the back, please write a review of this small group. Would you attend another group ran by your school counselor? Would you recommend small group to other students? Why/why not?

Start of Group: 
Current Attendance %:________
# of Discipline Referrals:________
Grades:
Language Arts:_____ Reading:____
Math:_____ Science:_____ SS:_____ Life Education:_____ Exploratories:_____

End of Group: 
Current Attendance %:________
# of Discipline Referrals:________
Grades:
Language Arts:_____ Reading:____
Math:_____ Science:_____ SS:_____ Life Education:_____ Exploratories:_____

**Conflict Resolution Group**

**Group Goals:** To interact with others in a peaceful and healthy manner. To build positive interpersonal skills to successfully handle conflict.

**Session 1:**
- Welcome
- Describe group and goals
- Confidentiality
- Create rules/norms as a group
- Member Introduction: Game: Ball Toss (name + 1 thing about you)
- Sandtray rules/norms
- Sandtray Intro: Once Upon a Time
- Sandtray Stories
- Summarize: "In today's group, I learned, I liked, or I felt…"
- *Give pre-test survey*

**Session 2:**
- Welcome
- Review norms
- Review sandtray rules/norms
- Member Check-in: Choose one miniature to represent your current feeling.
- Sandtray: 1 miniature to represent you
  - 1 miniature to represent a person you’ve had conflict with
  - Create your world
- Sandtray Stories
- Summarize: "In today’s group, I learned, I liked, or I felt…"

**Session 3:**
- Welcome
- Review Norms
- Review Sandtray norms/rules
- Member Check-in
- Sandtray: Wise One
- Sandtray Stories
- Summarize
**Session 4:**
Welcome
Member Check-in (Feeling + why) or rate self from 1-10
Sandtray: Create your School World
    Q: What themes unfold?, What do you notice about each world?
    If there is an identified problem, help find a solution
Sandtray Stories
Summarize

**Session 5:**
Welcome
Member Check-in
Sandtray: Three Trays
    1. Create problem  2. Create problem solved  3. Create what you need or what will help you get from sandtray 1 to 2
Sandtray Stories
Summarize
*Remind group members, next week is LAST session*

*Bonus sandtray (depending on flow of group)*
Students work in pairs
    1. Create problem
    2. Peer creates a tray showing how to solve the problem and acts as a “consultation” or “teacher” to the other student

**Session 6: Final Session**
Welcome
Member Check-in
*Give post-test* Did we meet our goals as a group? Did you meet your individual goal?
Group Sandtray: The Gift
Process & Celebrate