



## **ROUGH SPOT PROGRAM**

### **What is Rough Spot training?**

Rough Spot training helps children of all ages to recognize challenging situations and to identify coping strategies.

A “rough spot” is anything that someone finds unpleasant, uncomfortable, difficult, or unfair.

Children learn coping strategies as they distinguish between “hot” and “cool” self-talks. A hot self-talk makes it more difficult to cope with an unpleasant situation. A cool self-talk facilitates coping strategies.

This program teaches the relationship between self-talk, emotional arousal, and making positive behavioral choices. Children learn these strategies in the classroom setting, and the skills are reinforced school wide.

### **What are the self-talk rules?**

The way I make myself think is the way I will make myself feel.

And the way I make myself feel is the way I will make myself think.

Because how I make myself think and feel is the way I am going to behave and act!

So, good for me because I will be in control of my feelings!!!

## **FIRST CLASS CENTRAL PLEDGE**

We treat each other with dignity and respect.

We use appropriate language.

We keep our school neat and clean.

We solve problems creatively.

We are:

Cooperative

Enthusiastic

Neat

Tolerant

Respectful

Appreciative

Loyal

### **RESOURCES:**

Please visit our website for a complete listing of resources for conflict resolution; anti-bullying; and Peaceful Playground games, activities, and rules:

<http://www.wilmette39.org/central/>

# **First Class Central**



## **Our Commitment to A Safe, Bully-Free, Respectful Community at Central School**

In a continual effort to foster a school community that facilitates the social and emotional growth of children, we introduce:

### **First Class Central!**

This integrated approach includes strategies and common vocabulary from programs such as Rough Spot Training and Peaceful Playground.

# PEACEFUL PLAYGROUND

## **What is the “Peaceful Playground” Program?**

The Peaceful Playgrounds provides an organized playground with appealing games and activities. Through these, incidents of playground conflict and injury are reduced and children develop motor, social, and cognitive skills.

Peaceful Playgrounds is a positive behavior support program that is implemented school wide. All staff, students, and supervisors engage in regular cycles of training and review of basic program components including review of the game rules and procedures.

## **What are the benefits of the Peaceful Playground program?**

One of the ways in which children learn to play and work cooperatively is through positive recreational experiences. Since disagreements are more likely to occur in unstructured environments, Peaceful Playgrounds provides a setting that encourages skills in conflict resolution.

Through the activities in the program, the school community is introduced to a consistent set of rules, conflict resolution strategies, and expectations for appropriate behavior.

Children practice skills in problem solving and responsible behavior that expand from

the playground to the classroom, home, and community.

## **What is the school view regarding conflict resolution?**

Conflict, a normal part of social interaction, presents learning opportunities for children, particularly at the elementary level. Children make mistakes; it is one of the ways in which they learn socially acceptable behaviors. Most disagreements that involve young children are not characterized as acts of bullying.

## **How can we tell the difference between normal conflicts and bullying?**

**Conflicts** are disagreements between two equal parties, and usually occur because of a clash of ideas or interests.

**Bullying** is categorized by incidents of repeatedly directed physical, verbal, or psychological aggression or harassment toward others. Bullying has as its goal the gaining power over or dominating another individual (District 39’s definition of bullying).

## **How can we distinguish between friendly teasing and hurtful taunting?**

**Friendly teasing** is a form of humor used in a trusting relationship where the participants understand boundaries and are sensitive to the emotions of others.

**Hurtful taunting** involves repeated derogatory remarks or actions designed to intentionally hurt the feelings of others.

## **What is the difference between “telling” and “tattling”?**

**Telling** a parent, teacher, or supervisor about a concerning event helps a child get out of trouble or danger. We encourage the practice of “telling” as a way to involve adult intervention.

**Tattling** is a communication manipulation used to get someone into trouble. We discourage “tattling”.

## **What strategies for conflict resolution are recommended through the Peaceful Playground program?**

The following three strategies, used in any sequence, are among the kid-friendly ways that children can solve their problems:

**Walk:** The student can simply walk away from a conflict situation.

**Talk:** The student can choose to resolve a conflict by talking it over with the involved parties.

**Rock, Paper, Scissors:** The students can have one quick round of this hand signal game; the winner gets to select the solution to the disagreement.