

 **VitaminDb**
3 mins · 🌐

<https://sites.google.com/.../mrsbroam/home/presentations/scpta>

Mrs. Arnette and I appreciated the opportunity to share at the SC PTA Convention in Greenville on Saturday, April 21!



SITES.GOOGLE.COM
scpta "conflict resolution strategies"
- mrsbroam

Here's the link:

<https://sites.google.com/site/mrsbroam/home/presentations/scpta>

Here's the content on the link:

scpta "conflict resolution strategies"

Why did the chicken cross the road? Maybe he was trying to avoid a conflict?! And maybe the members and board members, our reactions and conflict resolution strategies can make a difference of our organization. When people work together, there WILL be problems. How do we proactively communicate effectively and respectfully with one another. Practical tips will be shared for keeping problems in a way that keeps our focus on children's best interests and why we do what we do.

Read -- *A Big Guy Took My Ball* by Mo Willems

Sometimes we have misunderstandings and miscommunication. Instead of assuming or making a judgment to know others.

What is IN your Circle of Control? Watch the YouTube to remind yourself what you CAN control! <https://www.youtube.com/watch?v=CncHPiChNkk> Knowing what you can control, helps

Exploration--Explore Three Ideas IN Your Circle of Control

1. WHALE -- Ways to THANK, APPRECIATE and LISTEN

You are BERRY much appreciated! -- Strawberry Mineral Water

May you holidays be "warm and fuzzy!" -- aloe infused socks
I like working on SCHOOL projects together! -- Goldfish Snack Crackers
I hope our school year ROCKS! -- Pop Rocks Crackling Candy
The first event is IN THE BAG! -- a reusable grocery type bag (this was one of folks' favorite goo
This is my CORNY welcome to PTA!! Looking forward to getting to know you and working together
The best PTA this is side of the MILKY WAY! -- Milky Way Candy Bar
Thanks for being a true LIFESAVER! -- Lifesavers Candy

TWIX you and me, I wish you MOUNDS of ALMOND JOY this summer. You are worth 100 GRAND KISSES.

Thank you for serving PTA this year! -- Twix Candy, Mounds, Almond Joy, 100 Grand Candy Bar



Send a "thank you" to a PTA board member after each meeting! This can be a handwritten note, email, p

In your everyday conversation incorporate:

- "Thank you for sharing."
- "I appreciate you thinking of this."
- "Thank you for asking."
- "I appreciate your concern."

2. GERALD -- Keep Balanced ~ Ways to Take Care of You

Explore the links on the [Breathing Toolbox](#) page. Practice a "new" way to breathe!

Write down all the responsibilities you currently have on a paper plate. Do you have too much or have time for family and fun? Do you have time for renewal and restoration?

Never Let Yourself Get Too:

H--hungry

A--angry

L--lonely

T--tired

How does sleep help?

improves concentration and productivity

promotes healthy weight/affects hormones that regulate appetite

improves athletic and physical performance

less heart disease, stroke, diabetes, depression, inflammation

improves immune function

affects emotions and social interactions

<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important#section10>

When you take a 30 minute walk every day . . .

You improve your mood.

Your creative juices start flowing.

Your jeans get a little looser.

You'll slash your risk of chronic disease.

You'll prevent varicose veins.

Your digestion improves.

Your other goals are more reachable.

<https://www.prevention.com/fitness/benefits-walking-every-day>

When you talk . . .

You sort through feelings. Talking is cathartic.

You relieve tension. It makes you feel better.

You gain perspective. It leads to solutions.

Positive Self-Talk can "reprogram your computer."

<http://www.valueoptions.com/solutions/2011/11-November/story5.htm>

<https://ie.reachout.com/getting-help-2/face-to-face-help/things-you-need-to-know/benefits-of-talking-t>

When you take a deep breath . . .

Your muscles relax.

Oxygen delivery improves (improving mental concentration and physical stamina).

Your blood pressure lowers.

Endorphins are released.

Detoxification improves (improving lymphatic system function).

<https://livingthenourishedlife.com/5-ways-youll-benefit-from-daily-deep/>

When you indulge in “quiet time” . . .

higher brain function
increased immune function
lowered blood pressure
lower heart rate
increased awareness
increased attention and focus
increased clarity in thinking and perception
lowered anxiety levels
experience of being calm and internally still
experience of feeling connected

<https://positivepsychologyprogram.com/benefits-of-mindfulness/>

Can you balance a peacock feather on the tip of your finger? Practicing balance sharpens focus by paying attention to the task "at hand" to get 'er done! You wobble and move about, but your brain approaches our responsibilities. We focus, concentrate, and get 'er done! There are plenty of distractions, but you're getting stronger and smarter with every effort. Got balance?

3. PIGGIE -- Words with PTA Friends and Other Possible Problem Solving Strategies

How can you solve a problem in a OKAY way?

OKAY means: (1) Nobody gets hurt (2) Nothing gets broken

Ideas for simple strategies that will work:

[Coping with Conflict: An ELEMENTARY Approach](#) by Diane S. Senn and Gwen M. Sitsch

<https://sites.google.com/site/mrsbroam/home/conflictresolution>

Love & Logic Principles (not just for a parent-child relationship):

Never TELL someone what to do . . . instead say what YOU will do.

Incorporate “choices” when possible.

Your words are golden not garbage.

Empathy encourages thinking. Anger and frustration fuels resistance.

Is it . . .

T--True?

H--Helpful?

I--Inspiring?

N--Necessary?

K--Kind?

THINK before you say it or post it or do it!

How can you organize your words?



A BUG and a Wish: It bugs me when _____. I wish _____.

"I Message" -- I feel _____ when _____. Please _____.

Share:

an observation--When I see . . .

a feeling--I feel . . .

a need--Because I need . . .

a request--Would you be willing to . . .

Problems to Practice:

What should you do or say?

Someone not following through on a task or not showing up to an event

What should you do or say?

A board member who is very opinionated and argues every point, but is unwilling to implement the plan

What should you do or say?

Having board members who seldom show up or are available to help with events. You end up with a core are you on the board if you can't ever help????

What should you do or say?

Our ideas and visions are never in sync.

They always go with her suggestion.

They don't really want any input.

There is never a compromise. They just go with their idea.

What should you do or say?

This is why we don't grow, people always leave here worn out and not being heard.

I just really think our ideas would work, but they are not listening.

Wrap Up--Humor is a Problem-Solving Strategy . . .

Goldilocks and the Three Dinosaurs by Mo Willems-- You ALWAYS have the power to rewrite th

