



## Introduction to Non-Violent Communication (10 minutes)

Read the following text and answer the questions:

Non-violent communication is an approach to communication that aims to resolve conflicts in a constructive manner. It involves using techniques such as active listening, reformulation, and seeking mutually beneficial solutions.

1. What is non-violent communication?

2. How can non-violent communication be used to resolve conflicts?

## Understanding the Environment (15 minutes)

### Group Task:

Discuss the following questions in groups of 3-4:

- What are the different types of conflicts that can occur in a school environment?
- How can non-violent communication be used to resolve conflicts in a school environment?

Type of Conflict	Description

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## Identifying Partners and Actors (15 minutes)

*Read the following text and answer the questions:*

In a conflict, there are different partners and actors involved. These can include students, teachers, parents, and administrators. Each of these partners and actors has their own interests and needs.

1. Who are the different partners and actors involved in a conflict?

2. What are the interests and needs of each partner and actor?

## Mastering a Conflict Situation (20 minutes)

### Group Task:

Role-play the following scenarios:

- A student and teacher conflict
- A student and student conflict

[Space for role-play]

## Managing Stress and Emotions (15 minutes)

Read the following text and answer the questions:

Managing stress and emotions is crucial in a conflict situation. This can be done through techniques such as deep breathing, meditation, and exercise.

1. What are some techniques for managing stress and emotions?

2. How can these techniques be used in a conflict situation?

## Adapting Your Posture to Your Interlocutor (15 minutes)

### Group Task:

Discuss the following questions in groups of 3-4:

- How can you adapt your posture to your interlocutor?
- Why is it important to adapt your posture to your interlocutor?

Posture	Description

## Detecting Weak Signals (15 minutes)

*Read the following text and answer the questions:*

Detecting weak signals is crucial in a conflict situation. This can be done through observing body language and tone of voice.

1. What are some techniques for detecting weak signals?

2. How can these techniques be used in a conflict situation?

## Mastering De-escalation Techniques (20 minutes)

### Group Task:

Role-play the following scenarios:

- A student and teacher conflict
- A student and student conflict

[Space for role-play]

## Non-Violent Communication (15 minutes)

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Read the following text and answer the questions:

Non-violent communication is an approach to communication that aims to resolve conflicts in a constructive manner. It involves using techniques such as active listening, reformulation, and seeking mutually beneficial solutions.

1. What is non-violent communication?

2. How can non-violent communication be used to resolve conflicts?

## Conclusion (10 minutes)

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### Individual Reflection:

1. What did you learn about non-violent communication and de-escalation techniques?

2. How can you apply these techniques in your daily life?

