

Stop-think-act

3 steps to the activity realisation



Step 1 – preparation phase

Explain that people have conflicts with other people every day - at school, at work, on the street, at home etc.

Ask the youth what conflicts are common in their home, school, and community.

Step 2 – activity phase

Explain that you can use a three-step strategy to address and avoid conflict.

Describe the three steps:

1. **STOP:** To stop is a way of interrupting the conflict and "taking a break".
2. **THINK:** To think means that we think about possible solutions to the conflict.
3. **ACT:** To act means that we talk to the other person involved in the conflict and find a solution together.

Ask the young people to use a common conflict to identify what a person might do in that conflict to demonstrate the three steps.

For example:

STOP: Say to the other person: "It takes me two minutes to collect my thoughts and then we can continue discussing". Then do a breathing exercise (e.g. abdominal breathing *) to calm yourself down.

THINK: Think about what needs you have in the situation and what needs the other person might have. Can you compromise?

ACT: Now go back to your partner, apologize, take responsibility for your role in the conflict, and propose a compromise by explaining how it benefits you both.

- V** Divide into groups of two to four young people.
- V** Each group now creates a three-part role play that shows the three steps of conflict management.
- V** After ten to fifteen minutes, each group presents their role play in the plenary.
- V** Ask the young people to name the steps to STOP, THINK, and ACT in the role play.



Type of activity:
Conflict ability

Value of the activity:
Apply a conflict resolution strategy to real situations



Timing:
preparation: min.
implementation: 60 min.
checking learning progress: 30 min.



Activity follow-up:



Other value case box components:
Exercise to be implemented in a trustful atmosphere



Value quoted:

Step 3 – wrap up phase

Discussion:

Always remember to include a group discussion to help the young people to reflect on what they have learned.

- V How did you solve your conflict situation by using the stop-think-act strategy?
- V Why do you think the strategy was effective?
- V How can you use stop - think - act outside of role play?
- V What other strategies do you use to resolve conflicts?

Share the message of the exercise:

We can use the three-part strategy stop - think - act to resolve conflicts that arise. This strategy helps us to find a solution that can cater to all needs.

 *abdominal breathing (ca. 1 minute)

Read the following aloud very slowly, calmly, and gently.

Take a break after each sentence.

Say:

We will start with abdominal breathing. Put a hand on your stomach when it is comfortable for you.

Inhale through your nose and slowly count to four, Feel your stomach rise as your breathing relaxes your body. Hold all of your breathing for two seconds. Exhale through your mouth and slowly count to four. Feel your stomach descent. Hold the empty stomach for two seconds. Inhale as if you were smelling a flower-2-3-4. Hold on to the smell-2- Breathe out like you're blowing out a candle-2-3-4. Hold-2

Have the young people repeat abdominal breathing several times.

Your notes:

- V ...
- V ...
- V ...
- V ...
- V ...