



The Mini Page

Next Week:
Our states:
Illinois

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Founded by Betty Debnam



Make Your Peace

The United Nations established the International Day of Peace in 1981. It is observed on Sept. 21 each year. Along with promoting nonviolence and cease-fires, the Day of Peace “must also be a time for people to see each other’s humanity,” the U.N. says.

The 2024 theme is Cultivating a Culture of Peace — not just avoiding conflict, but actively trying to understand and cooperate with one another. This week, The Mini Page looks at how kids can learn to be peaceful together.

Conflicts happen

Wherever people work or live together, there will be **conflicts** — fights, arguments or quarrels. If you have brothers or sisters, you probably tussle with them now and then.

Whether at home, at school or in another setting, kids can use these tools to help resolve conflicts without violence or hatred.

Try to DEBUG

If you’re experiencing conflict with someone, you can remember these steps by their acronym, **DEBUG**:

- D:** Decide to ignore the other person.
- E:** Exit. Move away, to another seat or part of the room.
- B:** Be friendly and politely ask the person to stop what they’re doing.
- U:** Use firm talk. Don’t raise your voice, but look the other person in the eye.
- G:** Get help from an adult.



Mini Fact:

Class meetings are another place to solve individual or group problems.

Reach for the STARS

In some classrooms, a talk-it-out table is a special place for students to sit down and resolve their problems with each other. They might use the **STARS** method:



- S:** State the problem. Ask each person to clearly state the conflict and share their feelings.
- T:** Think about strategies. Suggest ways the problem might be solved.
- A:** Agree on a plan in a way that works for everyone.
- R:** Recognize responsibilities. Each person decides what he or she must do to solve the problem.
- S:** Seal the deal. After reaching an agreement, the kids involved shake hands on the deal.

The ‘I’ Method

Conflict resolution experts recommend using the “I” statement: talking about how “I feel” about a situation rather than pointing a finger at someone and saying what he or she did. For instance:

I feel bad when you make fun of my shoes because I have to wear my sister’s hand-me-downs. I would appreciate it if you would not criticize my clothing.

Good communication skills

In any situation where there is a conflict, it helps to use excellent communication skills. Remember these when you’re talking with others.

- Choose a good time and private place to talk and agree that you both want to settle things.
- Tell the truth.
- Listen politely without interrupting.
- Use a calm voice.
- Use good eye contact.
- Be respectful. No name-calling or fighting.
- Take responsibility for carrying out whatever solutions you come up with.

Peer mediators

Sometimes people ask another person to be a “go-between” to help them work things out. People who look for peaceful ways of settling things are often called **mediators** (MEE-dee-ay-tors).

Some schools use specially trained peer mediators to help kids work out their problems. A **peer** is someone who is near your own age.

Mediators don’t come up with solutions themselves. They listen while the **disputants** (kids having the dispute) come up with their own solutions.

Resources



On the Web:

- bit.ly/MPconflict

At the library:

- “I Can Use an I Statement” by Jenelle French
- “Talk and Work It Out” by Cheri J. Meiners

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Try ‘n’ Find

Words that remind us of conflict resolution are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



CONFLICT, DEBUG, DISPUTANT, FIRM, FRIENDLY, MEDIATOR, PEACE, PEER, POLITE, RESOLUTION, RESPECT, RESPONSIBILITY, SKILLS, STARS, STATEMENT, STRATEGY, TOOLS, TRUTH.

R E E P S S M F R I E N D L Y
T M P L T R D I S P U T A N T
R S O A I C D E B U G R H R Y
U O R F Q X M S L L I K S E G
T S P O L I T E C A E P H S E
H S C J U R O T A I D E M P T
R E S O L U T I O N N O Z E A
V X I C V T C I L F N O C C R
X S T A T E M E N T A B L T T
Y T I L I B I S N O P S E R S

Cook’s Corner

Good Morning Bran Muffins

You’ll need:

- 3 cups bran cereal
- 1 cup hot water
- 3/4 cup butter, softened
- 1 1/2 cups sugar
- 2 eggs, lightly beaten

- 2 1/2 cups flour
- 2 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 2 cups buttermilk



What to do:

1. Preheat oven to 400 degrees. In a large bowl, combine 1 cup cereal and hot water. Mix well. Let cool.
2. In a medium bowl, combine butter and sugar. Mix until smooth and creamy.
3. Add creamy mixture and eggs to cereal mixture. Mix well.
4. In another medium bowl, combine flour, baking soda and salt. Mix well. Add flour mixture to large bowl and mix well. Add buttermilk and remaining cereal. Stir until just mixed.
5. Fill greased muffin tins 3/4 full with batter. Bake for 15 minutes. Makes about 3 dozen.

* You’ll need an adult’s help with this recipe.

1. In or into one group, body or place (8-letter adverb)

□ □ □ □ □ □ □ □

2. To communicate thoughts or feelings (5-letter verb)

□ □ □ □ □

3. To put someone into a group; to be a part of a whole (7-letter verb)

□ □ □ □ □ □ □

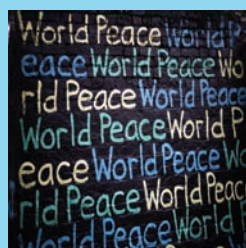
4. To get the meaning of something (10-letter verb)

□ □ □ □ □ □ □ □ □ □

1. The boys work _____ to make a sports plan.
2. This group will _____ ideas about recess at noon today.
3. Please _____ two more friends on your team.
4. Students _____ they should complete homework.

ROOTONYM®

by Jan & Carey Orr Cook



Study the definition. When you know the missing word, fill in the letter boxes and the sentence blanks.

Answers: Together, Share, Include, Understand

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Mini Jokes



- Marshall:** What kind of math do trees learn?
Mayelle: Twigonometry!

Eco Note



At least three donkeys on a Kenyan island are dying from colic each month after eating plastic from trash dumps, which scientists fear could become a global problem affecting other animals. The Guardian reports that with little grass to eat on Lamu, the donkeys rummage through heaps of plastic and other debris, occasionally ingesting enough plastic to bring on colic. There have been numerous studies on the effects of plastic pollution on marine life, but little is known about how it is affecting land animals.

adapted with permission from Earthweek.com

For later:

Look in your newspaper for articles about how adults are resolving conflicts around the world.

Teachers: Follow and interact with The Mini Page on Facebook!



KidSpot™

By Dan Thompson

9-21

What state?
Fill in the missing letters. One letter will complete all three words in the same row. Then read the first column of letters going down to name the state.



1. _wn _wl _ur
2. _ow _at _un
3. _nd _el _ar
4. _as _ut _el
5. _ne _ld _il
6. _ap _ew _ut

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