

# Lesson 1



## Learning Question:

Can I think of ways to resolve conflict?

## Success Criteria:

- To understand what conflict is.
- To create a list of ways to resolve conflict.
- To share and communicate ideas.

## Vocabulary

- Relationships
- Conflicts
- Calm
- Feelings
- Control
- Resolution
- Acceptance

What is conflict?

# What Is Conflict?

Conflict is when people have a serious disagreement. It can last for a long time and be difficult to solve. Sometimes conflicts can involve physical violence.

At some point in our lives, we all come in to conflict with people. Learning how to resolve (end) conflict is an important life skill.



# What Causes Conflict?

Why do you think conflict happens?

Conflict can be caused by lots of things. Some of them include:

- different beliefs, such as political or religious beliefs;
- stubbornness – refusing to see things from someone else's point of view;
- past arguments that haven't been sorted out.

# Words

There is an old saying, 'The tongue can bring death or life'. This means that words have power for good and bad. In conflict, words can make things better or worse.

When you are in conflict, be careful with the words you use. Don't call anyone names or use unkind words.

Try to explain how you are feeling and why you feel that way. Instead of saying "You have made me angry," try saying "I feel angry because..."

When we have fallen out with someone, it is easy to raise our voice. When resolving a conflict, try to keep your voice at a low level as if you were talking to someone sitting next to you in the classroom.

The word 'sorry' is a great way to resolve a conflict. However, using it properly is important. Instead of saying, "I am sorry you're upset," try saying "I am sorry I upset you."

# Task

## How Can We Resolve Conflict?

Hard:

Create a list/spider diagram with ideas how we can resolve conflict.

Harder:

Design a cartoon showing how conflict can be resolved.

Hardest:

Write a paragraph explaining how to resolve conflict.

Herculean:

write a short story about conflict and how to resolve it.