



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Activities for Students
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Arguments, disagreements, disputes, oh my! You can help your students solve problems without fighting by teaching them conflict resolution skills. The following discussion questions and activities will help your students identify potentially explosive scenarios, and develop strategies for dealing with them.

Related KidsHealth Links

Articles for Kids:

Dealing With Anger

KidsHealth.org/kid/feeling/emotion/anger.html

Train Your Temper

KidsHealth.org/kid/feeling/emotion/temper.html

Talking About Your Feelings

KidsHealth.org/kid/feeling/thought/talk_feelings.html

What Should I Do if My Family Fights?

KidsHealth.org/kid/talk/qa/family_fights.html

Getting Along With Parents

KidsHealth.org/kid/feeling/home_family/parents.html

Getting Along With Brothers and Sisters

KidsHealth.org/kid/feeling/home_family/sibling_rivalry.html

Getting Along With Teachers

KidsHealth.org/kid/feeling/school/getting_along_teachers.html

Dealing With Bullies

KidsHealth.org/kid/feeling/emotion/bullies.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What is conflict? Describe a conflict you've had with someone in the past. What did you do? How did the conflict get resolved? How did the conflict make you feel?
2. Conflict can make you angry and frustrated, but it isn't always such a bad thing. Brainstorm a list of reasons why conflict can be good.
3. To resolve conflict, people need to be able to talk and listen to each other. Why do you think this is? Why is it important to talk with each other about your feelings and not keep them inside?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Fairy Tale Conflict

Objectives:

Students will:

- Identify the feelings and needs behind conflicts
- Generate creative solutions for resolving conflicts cooperatively

Materials:

- Fairy tales (print or Internet versions)
- Fairy Tale Conflict handout (available at: KidsHealth.org/classroom/3to5/personal/growing/conflict_resolution_handout1.pdf)

Class Time:

40 minutes

Activity:

Fairy tales are loaded with conflict. Think about it: You have Goldilocks breaking into the bears' house, the Big Bad Wolf destroying the pigs' property, and Cinderella being treated unfairly by her stepmother. It's about time that someone helps these characters resolve their conflicts in a healthier way! Choose a fairy tale to examine, and read it over as you think about the conflict in the story. Answer the following questions using the Fairy Tale Conflict handout:

- What is the conflict in the story?
- How do the main characters feel about the conflict?
- What does each of the characters want or need?

Then imagine you could convince the characters to work together solve their problem. List three possible solutions that would benefit everyone. Remember, we're talking about fairy tales, so be as creative as you can!

Extensions:

1. Select your favorite solution to the fairy tale characters' problem and rewrite the ending of the fairy tale, showing how the characters work together to resolve their conflict. Share your version with your class, and compare the solutions created by your classmates. Which solution is the most creative? Which would be the most likely to work? Which solution would make the characters the happiest?
2. Fairy tale characters aren't the only ones who get angry and get into arguments! Think about what you do when someone makes you angry. Then come up with one way that you could deal with your anger in a healthier way. Make a goal for yourself of controlling your anger better the next time it happens. How will you know if you've met your goal?



Conflict Corner

Objective:

Students will:

- Identify strategies for managing and resolving conflict

Materials:

- Computer with Internet access
- Conflict Corner handout (available at: KidsHealth.org/classroom/3to5/personal/growing/conflict_resolution_handout2.pdf)
- Computer word processing program, or pen and paper

Class Time:

1 hour

Activity:

Conflict Corner is a weekly radio show where people call in with conflicts that they're having and the hosts of the show help them solve their problems. This week, you'll be a guest host and give advice to kids. The producers of the show have lined up several callers and gathered information about their conflicts ahead of time so that you'll have time to prepare your responses. Take a look at the Conflict Corner handout to find out about the conflicts the callers are having. Select one of the callers to give advice to. Before you start writing, check out articles on KidsHealth for ideas and information about dealing with conflict. Then, write a response to the caller that you can use during the radio broadcast, including the following information:

- A clear description of the conflict
- Reasons why it's important to resolve the conflict
- Suggestions for resolving the conflict (include at least three)

Extension:

Choose one of the scenarios from the Conflict Corner handout and act it out with a friend. Try it in two ways - one way in which the conflict is resolved, and one way in which it isn't. What's the difference between the two scenes? Identify what made the difference in resolving the conflict.

Reproducible Materials

Handout: Fairy Tale Conflict

KidsHealth.org/classroom/3to5/personal/growing/conflict_resolution_handout1.pdf

Handout: Conflict Corner

KidsHealth.org/classroom/3to5/personal/growing/conflict_resolution_handout2.pdf



Name: _____

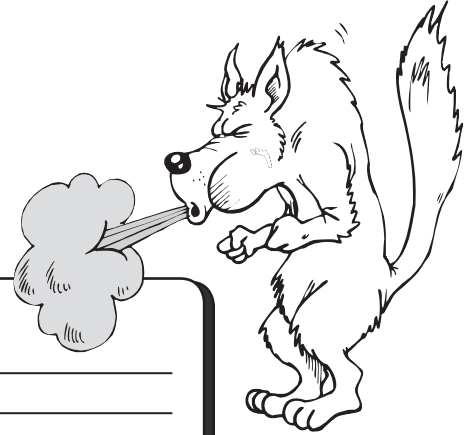
Date: _____

Fairy Tale Conflict

Instructions: Fairy tales are loaded with conflict. You have Goldilocks breaking into the bears' house, the Big Bad Wolf destroying the pigs' property, and Cinderella being treated unfairly by her stepmother. Someone needs to help these characters resolve their conflicts in a healthier way! Choose a fairy tale to examine, and answer the following questions:

1. What is the conflict in the story?
2. How do the main characters feel about the conflict?
3. What does each of the characters want or need?

Then imagine you could convince the characters to work together to solve their problem. List three possible solutions that would benefit all of the characters. Remember, we're talking about fairy tales, so be as creative as you can!



What's the Conflict?

Characters:

Feelings About Conflict:

Wants and Needs:

Possible Solutions:

1. _____

2. _____

3. _____



Conflict Corner

Instructions: Conflict Corner is a weekly radio show where people call in with conflicts they're having and the hosts of the show help them solve their problems. This week, you'll be a guest host on the show, giving advice to kids with conflicts. The producers of the show have lined up several callers and gathered information about their conflicts ahead of time so that you'll have time to prepare your responses. Select one of the callers to give advice to. Before you start writing, check out articles on KidsHealth for ideas and information about dealing with conflict. Then, write a response to the caller that you can use during the radio broadcast, including the following information:

1. A clear description of the conflict
2. Reasons why it's important to resolve the conflict
3. Suggestions for resolving the conflict (include at least three)

Now you're ready to hit the airwaves to help kids resolve their conflicts! *Caller, you're on the air...*

Caller One: Katie

... and my teacher, Mrs. Miller, is so mean to me! She gives us so much work to do, and we never do anything fun. And when you get a question wrong in class, well, sometimes the kids cry, she's so hard on us. No matter what I do, Mrs. Miller's not going to like me, so I figure I'm just not going to do any more work. She's going to pick on me anyway, so what difference does it make? This one time ...

Caller Two: Ryan

... and then my parents actually let her pick the toy she wanted at the store. Can you believe that? It's all because my sister is the baby, and my parents pay so much attention to her. It's like I'm not even in the family. And I've been waiting for like a whole year for a new gaming system, but she always gets whatever she wants. When we go on a trip, it's always somewhere babyish, where she can go on little kid rides. I don't even want to be around her any more. I just go into my room whenever she comes near me. She makes me feel ...

Caller Three: Luke

... so I said, "You think your parents are mean? Mine won't even let me watch more than an hour of TV a day!" Can you believe that? I want to go to the movies with my friends on Saturday, and they said I couldn't. Well, last time they told me I couldn't do something, I just snuck out of the house and went anyway. I got in a lot of trouble, but ...

Caller Four: Hannah

... I mean, I don't even want to go to school. I just know that Penny is going to say something horrible about me in front of everyone. Like last week, when she tripped me in the cafeteria on purpose and I fell into my lunch tray, she made fun of me all day. Penny says the meanest things that hurt my feelings, and now even some of my friends don't want to hang out with me, because they don't want Penny to start picking on them. Once, she actually said ...

