



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## 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 and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- 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.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Conflicts are a part of everyday life, so how we handle them is important. These activities will help your students understand conflicts and how to manage them, so that they can learn to solve problems without letting anger get the best of them.

## Related KidsHealth Links

### Articles for Kids:

#### Dealing with Anger

[KidsHealth.org/en/kids/anger.html](http://KidsHealth.org/en/kids/anger.html)

#### Train Your Temper

[KidsHealth.org/en/kids/temper.html](http://KidsHealth.org/en/kids/temper.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

#### Getting Along With Teachers

[KidsHealth.org/en/kids/getting-along-teachers.html](http://KidsHealth.org/en/kids/getting-along-teachers.html)

#### Getting Along with Parents

[KidsHealth.org/en/kids/parents.html](http://KidsHealth.org/en/kids/parents.html)

### Articles for Teens:

#### Dealing With Anger

[TeensHealth.org/en/teens/deal-with-anger.html](http://TeensHealth.org/en/teens/deal-with-anger.html)

#### Managing Your Emotional Reactions

[TeensHealth.org/en/teens/emotional-reactions.html](http://TeensHealth.org/en/teens/emotional-reactions.html)

#### 5 Ways to (Respectfully) Disagree

[TeensHealth.org/en/teens/tips-disagree.html](http://TeensHealth.org/en/teens/tips-disagree.html)

#### Apologizing

[TeensHealth.org/en/teens/apologies.html](http://TeensHealth.org/en/teens/apologies.html)

#### Getting Along With Teachers

[TeensHealth.org/en/teens/teacher-relationships.html](http://TeensHealth.org/en/teens/teacher-relationships.html)

#### Talking to Your Parents—or Other Adults

[TeensHealth.org/en/teens/talk-to-parents.html](http://TeensHealth.org/en/teens/talk-to-parents.html)

## Discussion Questions

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

1. Does getting angry help solve disagreements and arguments? Name some ways to handle anger?
2. When you have a problem with a friend or classmate, what steps do you take to solve it?
3. A main goal of conflict resolution is to solve problems before they lead to verbal abuse or violence. What things can people say and do to achieve that goal?





## Working It Out

### Objectives:

Students will:

- Identify strategies for solving problems
- Discover effective ways to communicate problems
- Learn how to disagree with others

### Materials:

- Computer with Internet access
- Working It Out handout (available at: [KidsHealth.org/classroom/6to8/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/conflict_resolution_handout1.pdf))

### Class Time:

45 minutes

### Activity:

Conflicts arise every day, so it's important to know how to handle them. Use the articles at KidsHealth to research how to communicate your feelings in a positive way. Next read the scenarios on the Working It Out handout. Select two scenarios, identify the conflicts, and role-play the arguments and their resolutions. Remember that a solution does not necessarily mean that everyone agrees!

### Extensions:

1. Select a conflict you see on TV and analyze how problem-solving is portrayed in that scene. What is the conflict? What strategies do the characters use to solve the problem? Are they effective strategies for solving the conflict peacefully? What strategies might the characters use instead? Finally, what effect do you think the media has on how people handle their problems?
2. Create a TV announcement that promotes solving conflicts in peaceful ways.

## Reproducible Materials

### Handout: Working It Out

[KidsHealth.org/classroom/6to8/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/conflict_resolution_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Working It Out

Instructions: Use the articles at KidsHealth to research how to communicate your feelings in a positive way. Next select two scenarios from the choices below, identify the conflicts, and role-play the arguments and their resolutions. Remember, a solution does not necessarily mean that everyone agrees!

