



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

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

Train Your Temper

KidsHealth.org/en/kids/temper.html

Saying You're Sorry

KidsHealth.org/en/kids/sorry.html

Getting Along With Teachers

KidsHealth.org/en/kids/getting-along-teachers.html

Getting Along with Parents

KidsHealth.org/en/kids/parents.html

Articles for Teens:

Dealing With Anger

TeensHealth.org/en/teens/deal-with-anger.html

Managing Your Emotional Reactions

TeensHealth.org/en/teens/emotional-reactions.html

5 Ways to (Respectfully) Disagree

TeensHealth.org/en/teens/tips-disagree.html

Apologizing

TeensHealth.org/en/teens/apologies.html

Getting Along With Teachers

TeensHealth.org/en/teens/teacher-relationships.html

Talking to Your Parents—or Other Adults

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)

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



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!

