



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

With so many different people and so many different opinions and ideas, disagreements (or conflicts) sometimes happen. When they do, it's important to know how to resolve the problems and move on. The following activities will help your students understand and practice healthy ways of resolving conflicts.

Related KidsHealth Links

Articles for Kids:

Talking About Your Feelings

KidsHealth.org/en/kids/talk-feelings.html

Getting Along With Teachers

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

Getting Along With Brothers and Sisters

KidsHealth.org/en/kids/sibling-rivalry.html

Saying You're Sorry

KidsHealth.org/en/kids/sorry.html

Dealing With Anger

KidsHealth.org/en/kids/anger.html

Train Your Temper

KidsHealth.org/en/kids/temper.html

What Kids Say About: Arguing

KidsHealth.org/en/kids/arguing.html

How to Be a Good Sport

KidsHealth.org/en/kids/good-sport.html

Discussion Questions

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

1. What happens when you feel angry? What can you do to calm down?
2. Have you ever had an argument or a fight with a friend (or with a brother or sister)? What did you say or do? How did you make up?
3. If you and another person disagree about something, or aren't getting along, or are having an argument, name some things that you definitely should not do.



Activities for Students

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

What Might Happen Next?

Objectives:

Students will:

- Identify potential conflicts in everyday events
- Explain how different reactions can make conflicts better or worse
- Describe the decision-making process for resolving conflicts

Materials:

- Art supplies (colored pencils, markers, crayons)
- "What Might Happen Next?" handout

Class Time:

40 minutes

Activity:

We should always try to get along with other people. Sometimes that means knowing when there could be a problem and then doing or saying things to avoid the problem. Other times, an argument may happen, and then you need to figure out what to do to make things better. This can be harder than it sounds – and it definitely takes practice.

I'm going to tell you about three situations. After each one, we'll talk about things you could say or do that might make cause a problem or make things worse. Then we'll talk about things you could say or do to avoid a problem or make things better. How could you calm things down?

- I'm reading, and you're talking to a friend. I ask you to please be quiet. What might happen next?
- I bump into you by accident. What might happen next?
- I can't say a word in the story, but you think you know the word. What might happen next?

Now we're going to look at the "What Might Happen Next?" handout. Think about what might happen next in the swing set story. What could go wrong? What could go right? Could there be a problem? Draw your own middle and end to the story. Be sure to include what the characters are saying. (It's OK to show a problem or an argument. Sometimes that happens. But then think about what could happen next to make things better.) Come together as a class and listen to the different endings to this story.



Team Work, Art Work

Objectives:

Students will:

- Work cooperatively and collaboratively in small groups
- Reflect on the group decision-making process and whether compromises averted conflicts

Materials:

- Whiteboard or chart paper (for class list of questions and decisions)
- Large piece of mural paper
- Art supplies (crayons, markers, paint, collage materials)

Class Time:

1 hour

Activity:

You will be working with three other students to create a mural to decorate the classroom. What kinds of decisions will your group need to make before you even start working? As a group, make a list of these decisions: What will your mural show? Will you use paint or markers or crayons? Will it be a collage? How will the four of you work on the mural at the same time? Then, create your mural. When every group is finished, put the murals up around the classroom. Describe the decisions your group made. Were there any problems while you worked on the mural? If so, how did you fix them? Did planning how the group would work together before you started help?

Extensions:

1. You need a piece of paper and crayons or markers. You and a partner are going to create a picture without talking. When your teacher calls time (after 5 minutes), look at the picture you and your partner drew. What did you like about your partner's work? How did you work together? How did you communicate with each other?
2. Read Dr. Seuss's *The Sneetches and Other Stories*. How do the Sneetches treat each other? What problems do they have? Why do the problems get worse? How could they have acted differently?

Reproducible Materials

Handout: What Might Happen Next?

KidsHealth.org/classroom/prekto2/personal/growing/conflict_resolution_handout1.pdf



Name: _____

Date: _____

What Might Happen Next?

Instructions: Think about what might happen next in the story. What could go wrong? What could go right? Could there be a problem? Draw your own middle and end to the story. Be sure to include what the characters are saying. (It's OK to show a problem or an argument. Sometimes that happens. But then think about what could happen next to make things better.) Come together as a class and listen to the different endings to this story.

