
Conflict Resolution

The video "Conflict Resolution" explains the importance of practicing health conflict resolution skills and provides tips and tricks to become a conflict resolution master. From disagreements at school to misunderstandings at home, strong conflict resolution skills are important in all the areas of your life.

Try This!

One common way to resolve a conflict is through compromise. A compromise is a way of reaching an agreement where both people give up something they want to reach a solution they can agree on. Practice coming to a compromise by reading through the situations below then thinking of one or more ways that the conflict could be solved through compromise.

How Can We Agree?

1. Imagine you are having a play date with a friend. The friend really wants to play hide and seek outside. You prefer to look at some of your new comic books together in your room. How could you compromise to decide on an activity?

2. Imagine you need to use a ruler to complete a math worksheet. Your sister has a ruler, but she is using it right now. How could you compromise so that you can finish your math worksheet?

3. Imagine that you are helping your grandmother cook dinner. You were really hoping to have cheeseburgers, but your grandmother wants to cook pasta. How could you compromise so that you both get to have a dinner that you will enjoy?

Bonus

Think of a recent situation in your life where you could have used compromise to resolve a conflict. Describe the conflict and explain how compromise could have helped you solve the conflict in a healthy way.
