

RESOLVING CONFLICT ACTIVITY SHEET



Sometimes we say things in the heat of the moment that we don't mean. This can cause a small argument to turn into something much bigger. Knowing how to resolve conflict is an important part of building and keeping great friendships.

Below are some phrases that can cause conflict, and some alternatives. Discuss the differences and decide why some are less likely to cause conflict than others.

Come up with some better responses for the phrases without alternatives.

Tip – instead of blaming or accusing the other person, try explaining the effect their actions can have on you.

Phrases that can cause conflict	Phrases to help resolve conflict
You never listen to me!	Please listen to my feelings.
You've hurt my feelings, I'll play with somebody else.	Did you know that hurt my feelings?
If you don't do what I say then I won't be your friend anymore.	My way might work well, can we try it?
You're selfish!	
I can't believe you did that!	
I don't care what you have to say.	

Extension: in pairs, imagine a scenario where two friends have fallen out. Put yourself in their shoes and use the phrases you have written to try to resolve the issue and rebuild trust and friendship.