



Personal Health Series Conflict Resolution

Name: Date:

Working It Out

ADMIT ONE

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

NO



You want to go to the movies with

your friends Friday, but your

parents have a different idea:

They want you to go with them.

When you come home from school, your mom is upset because she thinks you broke her favorite vase without telling her about it. She automatically grounds you, but you know it was actually your brother who did it.

You and your best friend have plans for the weekend, and you've been looking forward to

hanging out all week.
On Friday afternoon,
your friend tells

you you'll have to do it another time because he's doing something with someone else.

A classmate has asked you for the twentieth time to borrow a pen. Every time you lend her one, you don't get it back, so this time you say no. She gets angry and starts to yell at you.