Conflict Resolution Activities

Feelings Ball-Toss
Find a soft ball, a Nerf ball works great. Have the participants stand in a circle. Begin by completing the sentence, "I feel (angry, happy, sad…) when ..." Pick a participant to restate the sentence, filling in his/her own feeling. Toss that child the ball. After that participant restates the sentence, he/she then tosses the ball to someone else, who restates the sentence with their own feeling. Move through the group in this fashion.

How Am I With Conflict?
Have participants form a circle. The leader of the group moves into the center of the circle and says, "I represent conflict. How do you react when you experience a conflict? " Have the participants position themselves, in relation to the leader, according to how they experience conflict. Explain that they can demonstrate this through their body positions, directions they are facing, and the distance from the leader (conflict). Once the participants have positioned themselves, ask each to explain why they have chose their particular stance.

The Color Of Conflict
Cut up a large quantity of 4x4 construction-paper squares in a wide variety of colors. Be sure to have plenty of red, black, brown, and gray. Ask each participant to choose a color or group of colors that represents conflict. Either in the large group or in smaller groups of five or six, have participants share the colors they chose and why they chose them. (If you split up into smaller groups, come back together at the end and have volunteers share with the whole group which colors they chose and why.)

Discussion Topics
Have students answer questions on a range of topics. Use large group or small group discussion. Some topics are:

Describe one time you stood up for yourself

What would you do if you saw two people starting to fight? (two people you know, two people you don't know)

What do you do when you get into a conflict with another person?

What would you do if you saw one person being bullied by another person?