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♥
Ashley

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LET'S TALK ABOUT RESOLVING CONFLICTS

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Conflict Resolution" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

- *Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.
- *Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.
- *On your turn, you try to get rid of your cards by playing one card onto the discard pile.
 - ****If you have a matching card in your hand***, you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.
 - ****If you do NOT have a matching card***, draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.
- *The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.
- *When a player plays their final card, they WIN!
- *Action cards:
 - *Draw Two card: When played, the next player must draw two cards and lose their turn.
 - *Skip card: When played, the next player loses their turn.
 - *Reverse card: When played, the direction of play is reversed.
 - *Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.
 - *Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Effective oral and written communication skills and listening skills. (B-SS 1)
- *Behavior: Social Skills: Positive, respectful and supportive relationships with students who are similar to and different from them. (B-SS 2)
- SEL Competencies:**
 - *Relationship skills: Communication, Relationship building.
 - *Social Awareness: Perspective-Taking, Respect for others.
 - *Responsible-Decision Making- Analyzing situations, solving problems.

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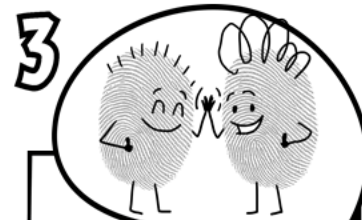
**WHAT ARE
SOME EXAMPLES
OF CONFLICTS
YOU'VE HAD AT
SCHOOL?**

... **CONFLICTS** ...



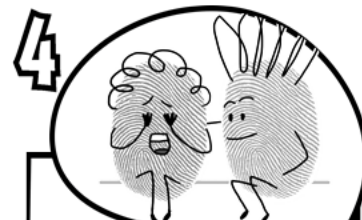
**HOW DOES IT
FEEL WHEN YOU
HAVE A
DISAGREEMENT
WITH A FRIEND?**

... **CONFLICTS** ...



**WHY IS IT
IMPORTANT TO
RESOLVE
CONFLICTS
PEACEFULLY?**

... **CONFLICTS** ...



**WHAT DOES IT
MEAN TO 'LISTEN'
DURING A
DISAGREEMENT?**

... **CONFLICTS** ...



**HOW CAN YOU
TELL SOMEONE
HOW YOU FEEL
WITHOUT BEING
MEAN?**

... **CONFLICTS** ...



**WHAT ARE
SOME CALM
WORDS YOU
CAN USE WHEN
YOU'RE UPSET?**

... **CONFLICTS** ...



**WHAT SHOULD
YOU DO IF YOU
FEEL ANGRY
DURING A
CONFLICT?**

... **CONFLICTS** ...



**WHY IS IT
IMPORTANT TO
THINK BEFORE
YOU SPEAK IN
AN ARGUMENT?**

... **CONFLICTS** ...

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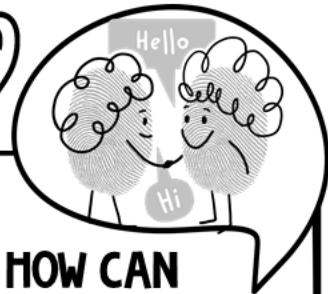
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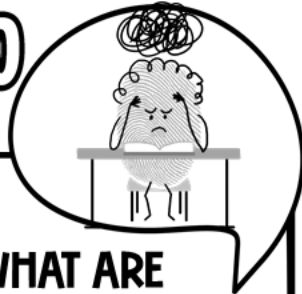
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HOW CAN YOU SHOW RESPECT WHEN SOLVING A CONFLICT?

... CONFLICTS ...

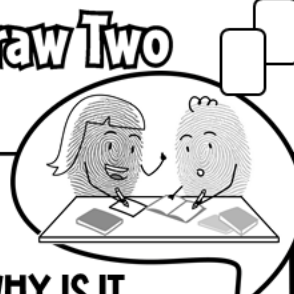
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WHAT ARE SOME WAYS TO COOL DOWN IF YOU'RE REALLY MAD?

... CONFLICTS ...

Draw Two



WHY IS IT IMPORTANT TO UNDERSTAND THE OTHER PERSON'S POINT OF VIEW?

... CONFLICTS ...

Reverse



HOW CAN YOU ASK QUESTIONS TO UNDERSTAND WHY SOMEONE IS UPSET?

... CONFLICTS ...

Skip



WHAT CAN YOU DO IF SOMEONE ISN'T LISTENING TO YOU IN A CONFLICT?

... CONFLICTS ...

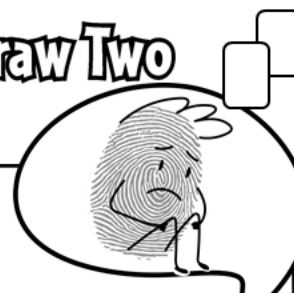
Skip



WHY IS IT IMPORTANT TO USE -I- STATEMENTS INSTEAD OF -YOU- STATEMENTS?

... CONFLICTS ...

Draw Two



HOW CAN YOU APOLOGIZE IF YOU HURT SOMEONE'S FEELINGS?

... CONFLICTS ...

Reverse



HOW DO YOU FEEL WHEN SOMEONE APOLOGIZES TO YOU AFTER A DISAGREEMENT?

... CONFLICTS ...

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**WHAT DOES IT
MEAN TO
COMPROMISE?**

... **CONFLICTS** ...

2



**WHAT ARE
SOME WAYS TO FIND
A SOLUTION WHERE
BOTH PEOPLE ARE
HAPPY?**

... **CONFLICTS** ...

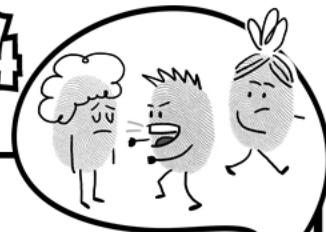
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**HOW CAN
TAKING TURNS
HELP SOLVE A
DISAGREEMENT?**

... **CONFLICTS** ...

4



**WHAT SHOULD
YOU DO IF YOU SEE
A CONFLICT
HAPPENING BUT
AREN'T INVOLVED?**

... **CONFLICTS** ...

5



**WHAT CAN YOU DO
IF A DISAGREEMENT
WITH A FRIEND
MAKES YOU SAD?**

... **CONFLICTS** ...

6



**HOW CAN YOU
AVOID MAKING
CONFLICTS
WORSE?**

... **CONFLICTS** ...

7



**WHAT ARE
SOME WAYS TO
SOLVE CONFLICTS
WITHOUT GETTING
PHYSICAL?**

... **CONFLICTS** ...

8



**HOW CAN YOU USE
BODY LANGUAGE
TO SHOW THAT
YOU'RE LISTENING?**

... **CONFLICTS** ...

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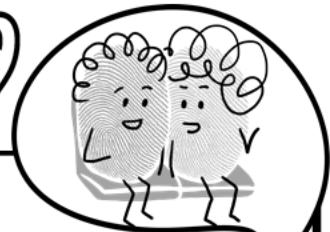
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**WHAT DOES IT
MEAN TO STAY
CALM DURING A
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... **CONFLICTS** ...

10



**WHAT CAN YOU DO
IF SOMEONE KEEPS
INTERRUPTING YOU
DURING A
CONFLICT?**

... **CONFLICTS** ...

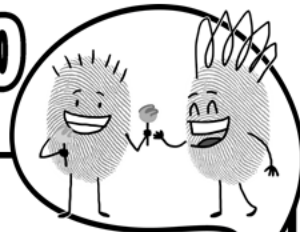
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**HOW DO YOU
KNOW WHEN IT'S
TIME TO WALK
AWAY FROM A
CONFLICT?**

... **CONFLICTS** ...

10



**HOW CAN YOU
USE HUMOR TO
LIGHTEN THE MOOD
DURING A
DISAGREEMENT?**

... **CONFLICTS** ...

9



**WHY IS IT
IMPORTANT TO
TREAT OTHERS THE
WAY YOU WANT TO
BE TREATED IN A
CONFLICT?**

... **CONFLICTS** ...

10



**WHAT ARE SOME
WAYS TO SHARE
YOUR FEELINGS
CALMLY?**

... **CONFLICTS** ...

9



**WHAT CAN YOU
DO IF BOTH
PEOPLE FEEL LIKE
THEY'RE NOT
BEING HEARD?**

... **CONFLICTS** ...

10



**HOW CAN YOU
TELL IF SOMEONE
IS UPSET EVEN IF
THEY'RE NOT
SAYING ANYTHING?**

... **CONFLICTS** ...

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WHAT SHOULD YOU DO IF YOU'VE MADE A MISTAKE DURING A CONFLICT?

... **CONFLICTS** ...

2



HOW CAN ASKING FOR HELP FROM AN ADULT HELP SOLVE A CONFLICT?

... **CONFLICTS** ...

3



HOW DO YOU FEEL WHEN YOU SOLVE A CONFLICT IN A GOOD WAY?

... **CONFLICTS** ...

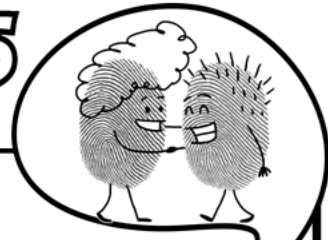
4



WHAT ARE SOME THINGS THAT CAN MAKE CONFLICTS WORSE?

... **CONFLICTS** ...

5



WHY IS IT IMPORTANT TO FORGIVE AFTER A CONFLICT IS RESOLVED?

... **CONFLICTS** ...

6



WHAT SHOULD YOU DO IF SOMEONE IS BEING MEAN DURING A DISAGREEMENT?

... **CONFLICTS** ...

7



HOW CAN YOU CALM YOUR BODY DOWN IF YOU'RE FEELING REALLY FRUSTRATED?

... **CONFLICTS** ...

8



HOW CAN SOLVING CONFLICTS HELP YOU MAKE MORE FRIENDS?

... **CONFLICTS** ...

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**WHAT DOES IT
MEAN TO BE
PATIENT DURING
A CONFLICT?**

... **CONFLICTS** ...

2



**WHY IS IT
IMPORTANT TO
TAKE DEEP
BREATHS WHEN
YOU'RE UPSET?**

... **CONFLICTS** ...

3



**WHAT CAN YOU
SAY IF SOMEONE
IS ANGRY WITH
YOU?**

... **CONFLICTS** ...

4



**HOW CAN YOU BE
KIND EVEN WHEN
YOU DON'T AGREE
WITH SOMEONE?**

... **CONFLICTS** ...

5



**WHY SHOULD
YOU AVOID NAME-
CALLING OR
YELLING DURING A
CONFLICT?**

... **CONFLICTS** ...

6



**HOW CAN YOU
TELL WHEN A
CONFLICT IS
GETTING OUT OF
CONTROL?**

... **CONFLICTS** ...

7



**WHY IS IT
IMPORTANT TO
STAY ON TOPIC
DURING A
DISAGREEMENT?**

... **CONFLICTS** ...

8



**HOW CAN YOU
STAY CALM IF THE
OTHER PERSON IS
GETTING UPSET?**

... **CONFLICTS** ...

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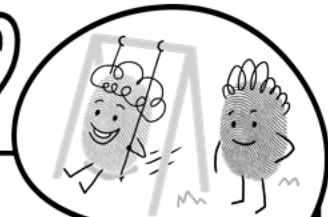
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**WHAT ARE
SOME WAYS TO
SOLVE CONFLICTS
ON THE
PLAYGROUND?**

... **CONFLICTS** ...

10



**WHAT SHOULD
YOU DO IF A FRIEND
IS IGNORING YOU
AFTER A
DISAGREEMENT?**

... **CONFLICTS** ...

Draw Two



**HOW CAN YOU
AVOID INTERRUPTING
SOMEONE WHEN
THEY ARE
SPEAKING?**

... **CONFLICTS** ...

Reverse



**WHY IS IT
IMPORTANT TO
THINK ABOUT THE
OTHER PERSON'S
FEELINGS?**

... **CONFLICTS** ...

Skip



**WHAT SHOULD
YOU DO IF THE
OTHER PERSON
WON'T
COMPROMISE?**

... **CONFLICTS** ...

Skip



**HOW CAN YOU
EXPLAIN YOUR
SIDE OF THE
CONFLICT WITHOUT
BLAMING THE
OTHER PERSON?**

... **CONFLICTS** ...

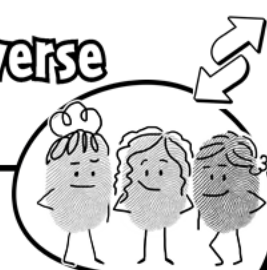
Draw Two



**WHAT DOES IT
MEAN TO BE A
PEACEMAKER?**

... **CONFLICTS** ...

Reverse



**HOW CAN YOU
HELP OTHERS
SOLVE THEIR
CONFLICTS?**

... **CONFLICTS** ...

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**HOW CAN
TALKING ABOUT
THE PROBLEM
HELP SOLVE A
CONFLICT?**

... **CONFLICTS** ...

2



**WHAT SHOULD
YOU DO IF YOU
FEEL LIKE GIVING
UP DURING A
CONFLICT?**

... **CONFLICTS** ...

3



**HOW CAN YOU
SOLVE CONFLICTS
IN GROUP
PROJECTS?**

... **CONFLICTS** ...

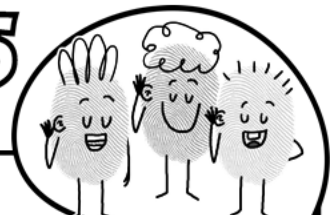
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**WHAT SHOULD
YOU DO IF
YOU'RE FEELING
LEFT OUT BY
FRIENDS?**

... **CONFLICTS** ...

5



**HOW CAN YOU
MAKE SURE
EVERYONE GETS A
TURN TO SPEAK
DURING A
DISAGREEMENT?**

... **CONFLICTS** ...

6



**WHY IS IT
IMPORTANT TO
STAY FOCUSED ON
FINDING A
SOLUTION?**

... **CONFLICTS** ...

7



**WHAT DOES IT
MEAN TO
-AGREE TO
DISAGREE-?**

... **CONFLICTS** ...

8



**HOW CAN YOU
EXPLAIN YOUR
SIDE OF A
CONFLICT IN A
CALM WAY?**

... **CONFLICTS** ...

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WHAT SHOULD YOU DO IF YOU ACCIDENTALLY HURT SOMEONE DURING A CONFLICT?

... CONFLICTS ...

2



CAN GETTING REALLY ANGRY AND YELLING AT SOMEONE HELP SOLVE A PROBLEM?

... CONFLICTS ...

3



WHY IS IT IMPORTANT TO LET GO OF ANGER AFTER A CONFLICT?

... CONFLICTS ...

4



HOW CAN YOU ENCOURAGE OTHERS TO SOLVE CONFLICTS PEACEFULLY?

... CONFLICTS ...

5



WHAT SHOULD YOU DO IF A CONFLICT HAPPENS BECAUSE OF A MISUNDERSTANDING?

... CONFLICTS ...

6



HOW CAN STAYING QUIET SOMETIMES HELP SOLVE A CONFLICT?

... CONFLICTS ...

7



WHY IS IT IMPORTANT TO BE FLEXIBLE WHEN SOLVING CONFLICTS?

... CONFLICTS ...

8



HOW CAN YOU STOP SMALL PROBLEMS FROM TURNING INTO BIG CONFLICTS?

... CONFLICTS ...

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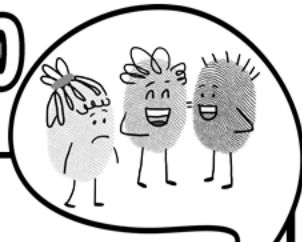
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WHAT SHOULD YOU
DO IF SOMEONE
STARTS YELLING
DURING A
DISAGREEMENT?

... CONFLICTS ...

10



HOW CAN YOU
HELP OTHERS
SOLVE CONFLICTS
WITHOUT TAKING
SIDES?

... CONFLICTS ...

Draw Two



WHAT IS SOMETHING
THAT HELPS YOU
STOP AND THINK
BEFORE REACTING
WHEN YOU'RE MAD?

... CONFLICTS ...

Reverse



WHAT CAN YOU DO
IF YOU FEEL LIKE YOU
MIGHT SAY
SOMETHING HURTFUL
OUT OF
FRUSTRATION?

... CONFLICTS ...

Skip



WHAT CAN YOU
DO IF YOU FEEL
HURT AFTER A
CONFLICT IS OVER?

... CONFLICTS ...

Skip



HOW DO YOU
CALM YOURSELF
DOWN WHEN
YOU'RE ANGRY?

... CONFLICTS ...

Draw Two



WHY IS IT
IMPORTANT TO TALK
THROUGH THE
PROBLEM INSTEAD
OF IGNORING IT?

... CONFLICTS ...

Reverse



HOW CAN YOU
HELP MAKE SURE
EVERYONE FEELS
INCLUDED WHEN
SOLVING A CONFLICT?

... CONFLICTS ...

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ABOUT
RESOLVING
CONFLICTS**



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1



WHAT SHOULD
YOU DO IF
SOMEONE BLAMES
YOU FOR
SOMETHING YOU
DIDN'T DO?

... CONFLICTS ...

2



HOW CAN YOU
PREVENT
CONFLICTS
BEFORE THEY
HAPPEN?

... CONFLICTS ...

3



WHAT ARE
SOME WAYS TO BE
A GOOD FRIEND
DURING A
CONFLICT?

... CONFLICTS ...

4



WHAT SHOULD YOU
DO IF SOMEONE
WALKS AWAY
DURING A
DISAGREEMENT?

... CONFLICTS ...

5



WHAT SHOULD
YOU DO IF A
CONFLICT MAKES
YOU FEEL SCARED
OR WORRIED?

... CONFLICTS ...

6



WHAT SHOULD
YOU DO IF SOMEONE
IS TEASING YOU
DURING A
CONFLICT?

... CONFLICTS ...

7



HOW CAN YOU
STAY CALM IF A
CONFLICT HAPPENS
DURING A GAME?

... CONFLICTS ...

8



WHAT CAN YOU
DO TO AVOID
GETTING INTO
ARGUMENTS?

... CONFLICTS ...

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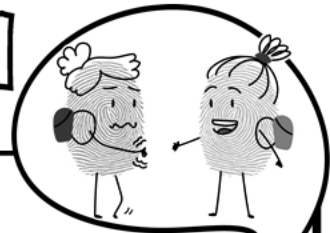
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1



WHAT SHOULD YOU DO IF YOU HURT SOMEONE'S FEELINGS WITHOUT MEANING TO?

... CONFLICTS ...

2



HOW CAN YOU HELP YOUR CLASSMATES SOLVE CONFLICTS IN A KIND WAY?

... CONFLICTS ...

3



HOW DO YOU CALM YOURSELF DOWN WHEN YOU FEEL LIKE YOU'RE GOING TO CRY?

... CONFLICTS ...

4



WHAT CAN YOU DO IF YOUR FRIEND IS UPSET WITH YOU?

... CONFLICTS ...

5



WHAT DOES IT MEAN TO -FORGIVE AND FORGET- AFTER A CONFLICT?

... CONFLICTS ...

6



WHAT DO YOU DO WHEN YOU FEEL LEFT OUT OR LONELY?

... CONFLICTS ...

7



WHAT'S ONE WAY YOU CAN STAY CALM WHEN YOU'RE ANGRY AT A FRIEND?

... CONFLICTS ...

8



HOW CAN YOU HELP OTHERS FEEL BETTER AFTER A DISAGREEMENT?

... CONFLICTS ...

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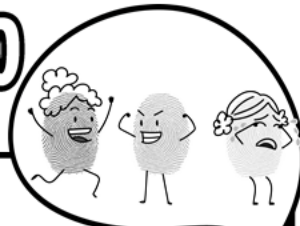
9



WHY IS IT
IMPORTANT TO
ADMIT WHEN
YOU'VE MADE A
MISTAKE IN A
CONFLICT?

... CONFLICTS ...

10



HOW CAN
SHARING YOUR
FEELINGS HELP
SOLVE A
CONFLICT?

... CONFLICTS ...

Draw Two



HOW CAN YOU
EXPRESS YOUR
FEELINGS POLITELY
WHEN YOU DISAGREE
WITH SOMEONE
ONLINE?

... CONFLICTS ...

Reverse



WHAT ARE SOME
CALM WAYS TO
RESPOND IF SOMEONE
STARTS A CONFLICT
DURING AN ONLINE
GAME?

... CONFLICTS ...

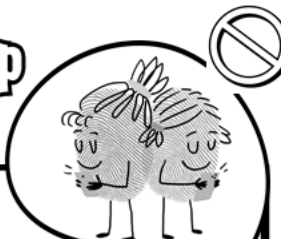
Skip



WHY IS IT
IMPORTANT TO BE
RESPECTFUL WHEN
CHATTING WITH
FRIENDS ONLINE?

... CONFLICTS ...

Skip



HOW CAN YOU AVOID
MAKING A SMALL
DISAGREEMENT
BIGGER WHEN
CHATTING ONLINE?

... CONFLICTS ...

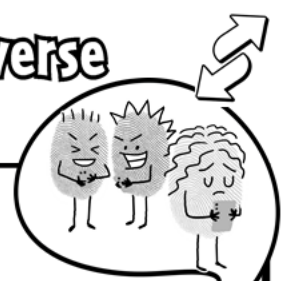
Draw Two



WHAT SHOULD YOU
DO IF YOU'RE UPSET
AFTER READING
SOMETHING ONLINE?

... CONFLICTS ...

Reverse



WHY IS IT
IMPORTANT TO
THINK BEFORE
YOU POST OR
COMMENT ONLINE?

... CONFLICTS ...

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Wild



WHAT SHOULD YOU DO IF SOMEONE DOESN'T WANT TO SOLVE THE CONFLICT?

... **CONFLICTS** ...

Wild



HOW CAN YOU TELL IF A CONFLICT HAS BEEN SOLVED?

... **CONFLICTS** ...

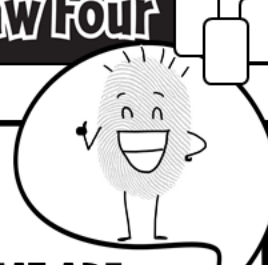
Draw Four



DESCRIBE FOUR WAYS TO AVOID CONFLICT.

... **CONFLICTS** ...

Draw Four



WHAT ARE FOUR POSITIVE WAYS TO RESOLVE CONFLICTS?

... **CONFLICTS** ...

Wild



WHAT ARE SOME WAYS TO BUILD TRUST WITH OTHERS AFTER A CONFLICT?

... **CONFLICTS** ...

Wild



WHAT SHOULD YOU DO IF THE CONFLICT KEEPS HAPPENING AGAIN AND AGAIN?

... **CONFLICTS** ...

Draw Four



DESCRIBE FOUR STRATEGIES TO USE TO CALM DOWN DURING A CONFLICT.

... **CONFLICTS** ...

Draw Four

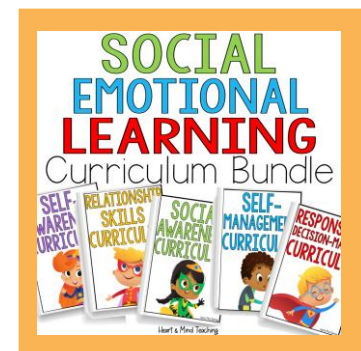
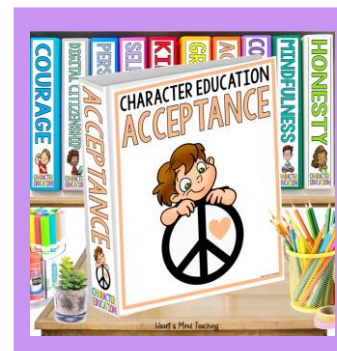
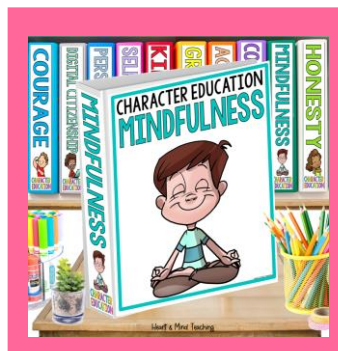
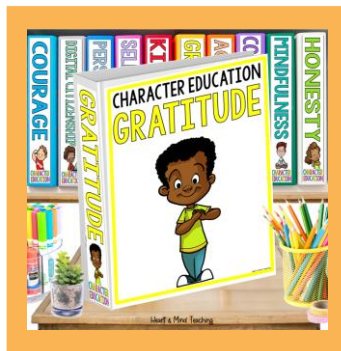
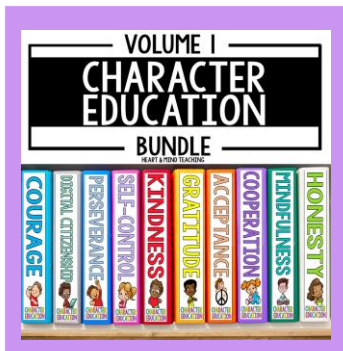
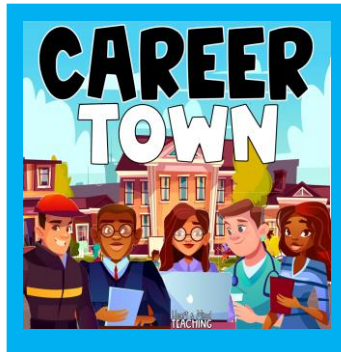
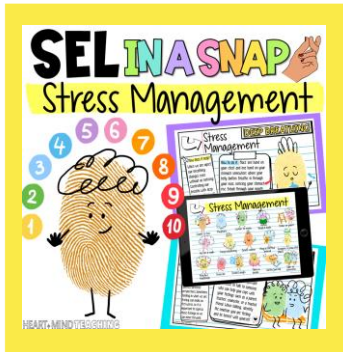


WHAT ARE FOUR NEGATIVE WAYS TO RESOLVE CONFLICTS?

... **CONFLICTS** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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- ♥ No contracts, cancel anytime.





THANK YOU

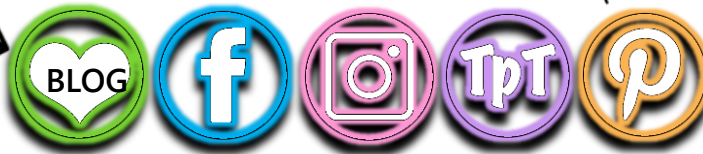
FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Ashley

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heartandmindteaching@gmail.com

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