



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Conflicts are a part of everyday life, so how we handle them is important. The following discussion questions and activities will help your students understand conflicts and how to manage them, so that they can learn to solve problems without letting anger get the best of them.

## Related KidsHealth Links

### Articles for Kids:

#### Dealing with Anger

[KidsHealth.org/kid/feeling/emotion/anger.html](http://KidsHealth.org/kid/feeling/emotion/anger.html)

#### Train Your Temper

[KidsHealth.org/kid/feeling/emotion/temper.html](http://KidsHealth.org/kid/feeling/emotion/temper.html)

#### Saying You're Sorry

[KidsHealth.org/kid/feeling/home\\_family/sorry.html](http://KidsHealth.org/kid/feeling/home_family/sorry.html)

#### What Should I Do if My Family Fights?

[KidsHealth.org/kid/feeling/emotion/family\\_fights.html](http://KidsHealth.org/kid/feeling/emotion/family_fights.html)

#### Getting Along with Parents

[KidsHealth.org/kid/feeling/home\\_family/parents.html](http://KidsHealth.org/kid/feeling/home_family/parents.html)

### Articles for Teens:

#### How Can I Deal with My Anger?

[KidsHealth.org/teen/your\\_mind/emotions/deal\\_with\\_anger.html](http://KidsHealth.org/teen/your_mind/emotions/deal_with_anger.html)

#### Talking to Your Parents—or Other Adults

[KidsHealth.org/teen/your\\_mind/families/talk\\_to\\_parents.html](http://KidsHealth.org/teen/your_mind/families/talk_to_parents.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What do people do when they get angry? How does this affect others? Does it help to solve the problem? What do you think are the best ways to handle anger?
2. When you have a problem with a friend or classmate, what steps do you take to solve it? How do you think other people affect the way you handle your conflicts?
3. The goal of conflict resolution is to solve problems before they lead to violence, whether verbal or physical. What strategies can people use to accomplish this?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Anger Management

#### Objectives:

Students will:

- Learn what anger is
- Discover a problem-solving approach for handling anger

#### Materials:

- Computer with Internet access

#### Class Time:

1½ to 2 hours

#### Activity:

You just got your science test back only to discover that you received a poor grade! Now you're furious - especially because you studied more than ever before! Before you blow your stack, read the articles at KidsHealth to learn about anger and how to handle it effectively. Working in small groups, develop an anger-management training session for kids. Be sure to cover the following:

- What anger is
- Strategies for dealing with anger
- A five-step approach for managing anger

#### Extensions:

1. Create a poster for your training session that lists tips for managing anger.
2. Conduct a poll to find out how other people deal with their anger and then analyze your findings. What do most people do when they get angry? Do these strategies work?
3. Now take some time to examine your own strategies for handling anger. What do you do when you are angry? What is most effective? Make a list of strategies you want to use in the future.



## Working It Out

### Objectives:

Students will:

- Identify strategies for solving problems
- Discover effective ways to communicate problems
- Learn how to disagree with others

### Materials:

- Computer with Internet access
- Working It Out handout (available at: [KidsHealth.org/classroom/6to8/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/conflict_resolution_handout1.pdf))

### Class Time:

45 minutes

### Activity:

Conflicts arise every day, so it's important to know how to handle them. Use the articles at KidsHealth to research how to communicate your feelings in a positive way. Next read the scenarios on the Working It Out handout. Select two scenarios, identify the conflicts, and role-play the arguments and their resolutions. Remember that a solution does not necessarily mean that everyone agrees!

### Extensions:

1. Select a conflict you see on TV and analyze how problem-solving is portrayed in that scene. What is the conflict? What strategies do the characters use to solve the problem? Are they effective strategies for solving the conflict peacefully? What strategies might the characters use instead? Finally, what effect do you think the media has on how people handle their problems?
2. Create a TV announcement that promotes solving conflicts in peaceful ways.

## Reproducible Materials

### Handout: Working It Out

[KidsHealth.org/classroom/6to8/personal/growing/conflict\\_resolution\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/conflict_resolution_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Working It Out

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

