

Conflict at School

School is a significant part of a child's life. And yet, fellow students are all different, with their own likes and dislikes. As a result, it can be challenging to get along with each person, even when we like them (Snowden, 2018).

The exercise reflects on children's different relationships they have at school, what is difficult, and what they need from each one.

Person	What is difficult?	What I need?
Joanne	She never listens when I am talking to her.	Attention and understanding.
John	He grabs the worksheet when we are working together.	Cooperation.
Lucy	She doesn't involve me when she is playing in a group.	Being included.

It is important that the child understands that this exercise is more about awareness and not always about finding a solution.

References

- Snowden (2018). *Anger management workbook for kids: 50 fun activities to help children stay calm and make better choices when they feel mad*. Emeryville, CA: Althea Press.