

## Stop, Think and Be Cool - Let's Work It Out

### AN AID TO UNDERSTANDING CONFLICT AND BEHAVIOURS

#### Sample Agenda for Young People

Timings: Flexible

#### AIM

To link to the Curriculum for Excellence through the following area; Health & Wellbeing with learning experiences. For example:

HWB 0-01a, 1-01a, 2-01a, 3-01a, 4-01a/ HWB 0-09a, 1-09a, 2-09a, 3-09a, 4-09a/ HWB 0-16a, 1-16a, 2-16a, 3-16a, 4-16a

#### LEARNING OUTCOMES

- Identify triggers to conflict within the family relationships
- Demonstrate an understanding of some of the dynamics of conflict
- Demonstrate an understanding of conflict resolution

#### AGENDA

##### Welcome & introductions

##### Preliminaries & icebreaker

##### Part 1 – What is conflict?

What does conflict mean to you?

Communication – messages received, stories applied

Silly wee things

##### Part 2 - Angerrr

Understanding anger better

Anger and me

Creating space

##### Part 3 – Working it out

How do you respond?

What you can do to prevent or manage conflict

##### What has been learnt

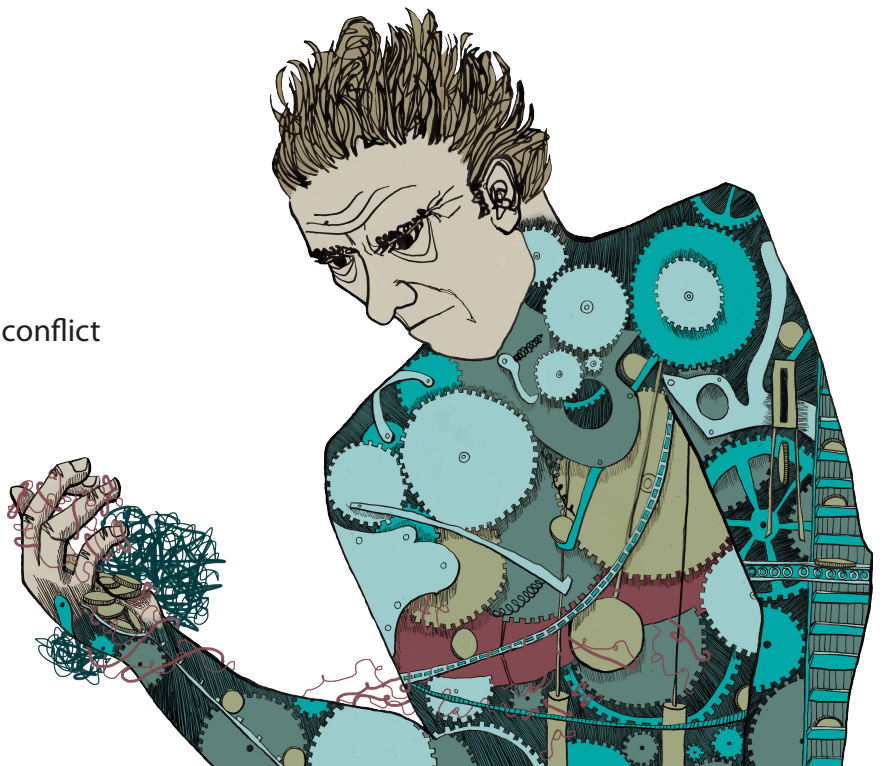
Learning points & reflection

##### Evaluation & close

Q & A

Evaluation

Close



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