

## The Conflict Wheel

*Ages: All*

**Supplies: The Conflict Wheel Worksheet and Facilitator Template - The Conflict Wheel Situations, scissors, paper bag or container**

1. Copy **The Conflict Wheel Worksheet** for each participant. Make one copy of the **Facilitator Template Conflict Wheel Situations**, cut them apart, and place in a paper bag or container.
2. Ask participants to define what conflict is. "Conflict is a disagreement or problem that happens between two or more people" Conflict can happen with best friends or people we don't like. Most conflicts start small, but they can continue to grow into major problems if not addressed. It is important to address the problem in a peaceful way, understanding both sides of the situation. This is "Conflict Resolution."
3. Participants take turns drawing a scenario out of the bag and referring to **The Conflict Wheel Worksheet** to select an option or two on how they will address the situation. After reading the scenario, the Facilitator can ask "What will you do?" - "What would you do?" - "What do you do?"



### **To Process:**

- Ask each participant to share if **The Conflict Wheel** helped them learn new ways of Conflict Resolution.
- Ask if they can use more than one strategy to solve a conflict?
- Were there one or two resolution options which seemed to be selected more often than others?
- Discuss how conflict involves more than one person. Discuss how they might contribute to conflict and what part they can take to make amends.

## THE CONFLICT WHEEL SITUATIONS

You want a turn on the computer, but your friend isn't sharing.

Your friend is bossing you around and you are getting mad.

You lend your video game to your friend,  
but he hasn't given it back yet.

You told a friend a secret and she promised not to tell,  
but she did.

You are at the mall and a friend dares you to steal something.

You and your friend argue about what football team is going to  
win. You get so mad because you feel like  
your friend isn't listening to you.

You feel like one of your friends is upset with you,  
but you don't know why?

Your friend starts spending less time with you and more time  
with another friend.

You see someone bullying a new person at school.

Your friend says they don't think you are listening to them.

# The Conflict Wheel Worksheet

