

Lovu Sangam School

Year 5

Healthy Living

Name: _____

Year: 50_____

Strand: Building Healthy Relationship

Sub-strand: Relationship

Content Learning Outcome: -Read and interpret meaning of the familiar written texts given.

Notes

Resolving Conflicts

- Conflicts are disagreements between two people or parties.
- Conflicts can also damage relationships and it can also put us into trouble.

Ways of resolving conflicts

1. Understand the conflict
2. Communicate with the opposition.
3. Work on coming up with as many ideas as possible.
4. Choose the best resolution- use both groups' skills and resources to get the best result for everyone
5. Use a third person to facilitate the meeting
6. Explore alternatives
7. Cope with stressful situations and pressure tactics

Questions

1. What is conflict?

Conflicts are disagreements between two people or parties.

2. Write down a negative impact of conflict:

It can damage the healthy relationship and can also put us in trouble.

3. List two ways of resolving conflicts peacefully:

-Understand the conflict

- Work on coming up with as many ideas as possible.

Resilience and Proactive Behaviors

- Resilience is our ability to keep going during hard times.
- Proactive behaviors are actions that we take, to overcome the difficulties that we face every day.

- For example, Jone a class five student sat for his short test but failed, he took his test paper and decided to do all his corrections and study them.

Jone showed resilience when he accepted his test result and decided to do corrections.

Questions

1. What is resilience and why is it important?

Resilience is our ability to keep trying our best and keep going during difficult times. Resilience is important because it gives people the strength needed to process and overcome hardship.