

**1077 RAVIRAVI SANGAM SCHOOL**  
**HEALTHY LIVING**  
**YEAR: 5**  
**WORKSHEET – 2**  
**SOLUTIONS**

<b>Strand</b>	<b>Building Healthy Relationship</b>
<b>Sub-strand</b>	<b>Relationship</b>
<b>Content learning outcome</b>	<b>Advocate and demonstrate ways of resolving conflict.</b>

**LESSON NOTES**

**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. Look for many bright ideas as possible.
4. Choose the best resolution- use both group skills and resources to get the best result for everyone.
5. Use a third person to facilitate the meeting.

**ACTIVITIES**

**Short Answer Questions**

1. Define the term conflict?  
🏠 **Conflicts are disagreements between two people or parties.**

2. List down two ways of resolving conflicts?

- ↗ **Understand the conflict.**
- ↗ **Communicate with the opposition.**
- ↗ **Look for many bright ideas as possible.**
- ↗ **Choose the best resolution- use both group skills and resources to get the best result for everyone.**
- ↗ **Use a third person to facilitate the meeting**

3. Does conflict affect relationships? State a reason.

**Yes**

- ↗ **It creates stress that can negatively affect the health and well-being.**
- ↗ **It damages healthy relationship.**