**Activity Type [section name doesn’t need to be visible]:** Class Meeting

**Activity** **Title [section name doesn’t need to be visible]:** Avoiding Conflicts

**CASEL Alignments [TBD]**

**Description [for the resource library; don’t include in the activity template]:** The class discusses how and why to avoid serious conflicts.

**Objective:** Discuss why it can be good to avoid serious conflicts

**Time:** 10–15 min.

**Themes**

* Conflicts
* Perspective Taking

**Prep**

1. If possible, seat the class in a circle.
2. Sit where you can participate comfortably in the discussion.

**Class Meeting Instructions [this is a head under which Warm-Up, Discussion, and Reflection appear]**

**Warm-Up**

Have everyone in the class (including you!) briefly answer the following question:

**What kinds of consequences are there for getting into a conflict?**

(You can get in trouble at school. Lose a friend. Make your parents unhappy.)

**Discussion**

As a class, discuss one or more of the following prompts, as time allows:

* **What are some ways you can avoid a conflict if someone is trying to start one with you?**
* **Why would you try to avoid the conflict?**
* **What makes it difficult to avoid a conflict? How can you get past those difficulties?**

**Reflection**

Ask: **What’s one thing you’ll do differently the next time someone tries to start a conflict with you?**

Give students time to think, then call on them to tell the class their ideas.