



COMMUNITY MEDIATION MARYLAND

your conflict, your solutions

Conflict Resolution Activities for Skill Building Grades 6th-8th

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Feelings - What's Happening For Me

Mad Lips⁵

OBJECTIVES

- Test the accuracy of their empathic intuitions.
- To identify feelings
- Builds participants capacity to express their feelings

Number of Players

2 or more

Materials

- Mad Lips Sheet A & B
- Sample Feelings Sheet

Time

40 minutes

A feeling is an emotional state. You can't touch your feelings, but you can feel them in your body, like in your chest, or in your muscles. Feelings are not all on the same level. Some feelings are more intense than others. For example, 'ecstatic' is an intense form of 'happy'. Or, 'angry' is a less intense form of 'outraged'. We rely on gestures, facial expressions and tones to convey those subtle messages we don't speak aloud. But expressions are not always as easy to understand as words. This activity allows participants to test their own empathic intuitions. And helps show the limitations of non-verbal expression.

Directions

1. Partner with family member or friend
2. Give one partner Sheet A and the other partner Sheet B. Partners do not to share your sheets with one another.
3. Partner A will read the first narrative aloud, pausing at each blank.
4. Partner B follow along on with his/her sheet. Where partner A's sheet has blanks, partner B's sheet will have bolded emotion words.
5. When partner A gets to a blank, partner B will act out the emotion word using only gestures and facial expressions.
6. Partner A will guess the emotion and fill in the blank in his/her narrative. Repeat this throughout the narrative.
7. For the second narrative, ask partners A and B to reverse roles.
8. Once both narratives are filled in, partners to share their sheets and compare.

DISCUSSION QUESTIONS

- How accurately were you able to read your partners expressions?
- Was it easy to express all of these feelings non-verbally? Do you have distinct expression for each of these emotions?
- Compare your sheets. How much does the meaning of the narratives change from one sheet to the

MAD LIPS⁶

SHEET A

DIRECTIONS

Partner A will read Narrative One aloud, pausing at each underlined word. All of the underlined words are emotion words. Instead of reading these words aloud, Partner A will try to convey each word using facial expressions or gestures. Partner B will read Partner A's expression, guess the emotion, and fill in the corresponding blank. Reverse roles for Narrative Two.

NARRATIVE ONE

I had the worst time at school today. I was exhausted because I stayed up late finishing a project for social studies. I overslept and got to school late, so I was already stressed when Mr. Mann announced a pop quiz. It caught me by surprise. I don't think I did well and that's frustrating. Then, in art class, I spilled water all over my painting! I was sad because that was supposed to be my piece for the art show, but I'd be embarrassed to submit it now. Normally I would talk to my friend Antonio about all this but he was absent. It always feels lonely when he's gone. All this to say, I'm happy you picked me up today, mom. When I saw your car I was so relieved. I would've been overwhelmed on the bus.

NARRATIVE TWO

I'm usually so _____ in Mrs. Knolls class. So I was _____ today when she gave us a fun assignment. We're supposed to create a short skit about Greek mythology. I'm so _____! I don't get _____ performing in front of an audience like most people. Maybe I'll play an all-knowing oracle who foretells of betrayal and _____. Or maybe I'll be an _____ god from Olympus who _____ the ungrateful citizens. No matter the role, I feel _____. I'll steal the show. I just hope the class doesn't get _____. Mythology can be tricky with all those long names. It'll be up to me to make the characters entertaining and keep the audience _____.

⁶ Conflict Resolution Activities for Middle School Skill-Building. cpb-us-e1.wpmucdn.com/blogs.uoregon.edu/dist/8/11350/files/2015/05/Compiled-Activities-1-r5x71c.pdf.

DIRECTIONS

Partner A will read Narrative One aloud, pausing at each underlined word. All of the underlined words are emotion words. Instead of reading these words aloud, Partner A will try to convey each word using facial expressions or gestures. Partner B will read Partner A's expression, guess the emotion, and fill in the corresponding blank. Reverse roles for Narrative Two.

NARRATIVE ONE

I had the worst time at school today. I was _____ because I stayed up late finishing a project for social studies. I overslept and got to school late, so I was already _____ when Mr. Mann announced a pop quiz. It caught me by _____. I don't think I did well and that's _____. Then, in art class, I spilled water all over my painting! I was _____ because that was supposed to be my piece for the art show, but I'd be _____ to submit it now. Normally I would talk to my friend Antonio about all this but he was absent. It always feels _____ when he's gone. All this to say, I'm _____ you picked me up today, mom. When I saw your car I was so _____. I would've been just plain _____ on the bus.

NARRATIVE TWO

I'm usually so bored in Mrs. Knoll's class. So I was shocked today when she gave us a fun assignment. We're supposed to create a short skit about Greek mythology. I'm so excited! I don't get nervous performing in front of an audience like most people. Maybe I'll play an all-knowing oracle who foretells of betrayal and despair. Or maybe I'll be an angry god from Olympus who scares the ungrateful citizens. No matter the role, I feel confident I'll steal the show. I just hope the class doesn't get confused. Mythology can be tricky with all those long names. It'll be up to me to make the characters entertaining and keep the audience pleased.

⁷ Conflict Resolution Activities for Middle School Skill-Building. cpb-us-e1.wpmucdn.com/blogs.uoregon.edu/dist/8/11350/files/2015/05/Compiled-Activities-1-r5x71c.pdf.

Feeling Word Scramble⁸

OBJECTIVES

- To identify feelings words
- Expand Vocabulary
- Generate creative solutions for resolving conflicts cooperatively

Number of Players

1

Materials

- Pen, Feeling Word Scramble Worksheet or Blank Paper

Time

20 minute

Directions

Unscramble the 'feelings' words on the scramble worksheet.

⁸ Conflict Resolution Activities for Middle School Skill-Building. cpb-us-e1.wpmucdn.com/blogs.uoregon.edu/dist/8/11350/files/2015/05/Compiled-Activities-1-r5x71c.pdf.

Feelings Words Scramble⁹

Unscramble the 'feelings' words.

ewrdrio _____

lhseelps _____

ojfuyl _____

yupnaph _____

rdsbaraeems _____

edsesredp _____

sda _____

lyenlo _____

omyogl _____

dma _____

dtimi _____

pavapectiire _____

⁹ *Conflict Resolution Activities for Middle School Skill-Building*. cpb-us-e1.wpmucdn.com/blogs.uoregon.edu/dist/8/11350/files/2015/05/Compiled-Activities-1-r5x71c.pdf.

ewrdrio **worried**

lhseelps **helpless**

ojfuyf **joyful**

yupnaph **unhappy**

rdsbaraeems **embarrassed**

edsesredp **depressed**

sda **sad**

lyenlo **lonely**

omyogl **gloomy**

dma **mad**

dtimi **timid**

pavapectiire **appreciative**

SAMPLE FEELINGS

<u>Angry</u>	Energetic	Eager	<u>Peaceful</u>
Disgusted	Inspired	Encouraged	Calm
Furious	Proud	Free	Comfortable
Hate	Sure	Optimistic	Refreshed
Infuriated		Refreshed	Relaxed
Mad	<u>Confused</u>	Relieved	Settled
Outraged	Ambivalent		
Rage	Challenged	<u>Hopeless</u>	<u>Put down</u>
	Uncertain	Defeated	Blamed
<u>Annoyed</u>	Distracted	Disappointed	Condemned
Aggravated	Divided	Discouraged	Diminished
Agitated	Puzzled	Helpless	Pressured
Bored	Skeptical	Trapped	Persecuted
Disturbed	Trapped		Teased
Discontented	Troubled	<u>Hurt</u>	
Exasperated	Uneasy	Betrayed	<u>Sad</u>
Frustrated	Unsettled	Bitter	Depressed
Impatient		Crushed	Distraught
Irritated	<u>Embarrassed</u>	Distraught	Empty
Unsettled	Different		Grief
	Foolish	<u>Ignored</u>	Homesick
<u>Appreciative</u>	Uneasy	Left out	Isolated
Fulfilled		Neglected	Low
Grateful	<u>Guilty</u>	Unappreciated	Lonely
Gratified	Foolish	Unheard	Miserable
Honored	Remorse		
Moved	Sorrowful	<u>Loving</u>	
Rewarded		Affectionate	<u>Scared</u>
Satisfied	<u>Happy</u>	Concerned	Afraid
Thankful	Cheerful	Friendly	Alarmed
	Content	Helpful	Anxious
<u>Captivated</u>	Delighted	Proud	Fearful
Awed	Ecstatic	Sympathetic	Frantic
Curious	Elated		Frightened
Fascinated	Enthusiastic	<u>Overwhelmed</u>	Intimidated
Impressed	Excited	Burdened	Jumpy
Infatuated	Glad	Exasperated	Nervous
	Joyous	Exhausted	Panicked
	Pleased	Fed Up	Startled
<u>Confident</u>	Rewarded	Imposed upon	Terrified
Adventurous	Thrilled	Pressured	Threatened
Carefree		Tired	Trapped
Competitive	<u>Hopeful</u>		Vulnerable
Determined	Delighted		Worried



Additional Resources

The following resources are identified in the activity. They provide additional information and activities that introduce conflict resolution to children.

Conflict Resolution Worksheets

<https://www.worksheetplace.com/index.php?function=DisplayCategory&showCategory=Y&links=2&id=507&link1=31&link2=507>

The Big Book of Conflict Resolution Games

<https://s3.wp.wsu.edu/uploads/sites/2070/2016/08/The-big-book-of-Conflict-Resolution-Games.pdf>

Conflict resolution jeopardy

<https://jeopardylabs.com/play/conflict-resolution-jeopardy6>

Meaning of the Beep Game

<https://www.brainpop.com/games/mobconflictresolution/>