Solving Disagreements Worksheet

Age Group: 9-13 Years | Skill Focus: Conflict Resolution

My name: ..... **Date:** .....

How to use this worksheet

You will learn a 5-step plan to stay calm, listen to both sides and find a fair solution.
Do each step in order. Disagreements are normal. Solving them kindly is a skill!

1 Understand the Disagreement

Think of a real or made-up disagreement. Tick ONE from each box, or write your own.

Where did it happen?

- ☐ At school
- ☐ At home
- ☐ With friends
- ☐ During a game

My own: .....

Who was involved?

- ☐ A friend
- ☐ A brother or sister
- ☐ A classmate
- ☐ A teammate

My own: .....

What was it about?

- ☐ Sharing
- ☐ Taking turns
- ☐ Rules of a game
- ☐ Something said

My own: .....

Disagreement Spark!

A disagreement happens when people want different things or think differently. It is normal!
Remember: *What matters is HOW we solve it. Use 5 steps: Calm, Listen, Share, Think, Agree.*

A disagreement I had or saw:.....

.....

How did I feel? Tick ALL that fit!

☐ Angry ☐ Hurt ☐ Frustrated ☐ Confused

How big was it? Tick ONE!

☐ Small ☐ Medium ☐ Big

What I did at the time: .....

2 Learn the 5 Steps

Follow the steps in order. Each one makes the next one easier!

The 5-Step Peace Plan

1 CALM **Calm down first**
Take a deep breath and count to five. Step away if you need to.

2 LISTEN **Listen to the other side**
Let them finish. Do not interrupt. Say back what you heard.

3 SHARE **Share your side calmly**
Use "I feel ___ when ___ because ___."

4 THINK **Think of fair ideas together**
Come up with at least three ideas. No idea is too silly.

5 AGREE **Agree on a fair solution**
Choose the idea that is fair to both. Say thank you.

Which is the better move? Tick it!

- ☐ "Shout so they listen to me."
- ☐ "Take a deep breath and count to five."
- ☐ "Wait until they finish, then reply."
- ☐ "Interrupt to prove them wrong."
- ☐ "You always cheat!"
- ☐ "I feel upset when I miss my turn."
- ☐ "Let us take turns, five minutes each."
- ☐ "I win and that is the end of it."

My calm-down tools. Tick ALL you would use!

- ☐ Deep breaths
- ☐ Count to 10
- ☐ Walk away a minute
- ☐ Drink water
- ☐ Talk to a trusted adult

3 Work It Out

Use the 5 steps to solve this case. Listen to both sides, then find a fair idea!

THE CASE

Mia and Sam both want the last football at break time. Mia says, “I had it first!” Sam says, “You had it all week!”

MIA'S SIDE

What they want: .....

How they feel:.....

Why it matters: .....

SAM'S SIDE

What they want:.....

How they feel:.....

Why it matters: .....

IDEAS **Think of 3 fair solutions**

Idea 1:.....

Idea 2:.....

Idea 3:.....

AGREE **Our best solution**

Is it fair to both sides? A fair idea does not mean one person gets everything.

.....

.....

☐ Fair to Mia ☐ Fair to Sam ☐ Both happy

Peace Phrases

LISTEN: **I understand that…** **So you feel…**

THINK: **What if we…?** **Can we take turns?** **Can we compromise?**

AGREE: **That seems fair** **Thank you for listening**

Tip: A fair solution means both sides feel heard, not that one side wins!

4 Role-Play and Reflect

Act out the case with a partner, each playing one side. Tick each Peacemaker Tip you remember!

Peacemaker Tips

- ☐ Breathe before you speak
- ☐ Listen without interrupting
- ☐ Look for a fair middle ground
- ☐ Use a calm, steady voice
- ☐ Use “I feel” statements
- ☐ Say thank you at the end

Role-play 3 times. Colour a star after each one!

Round 1: with a grown-up	Round 2: with a friend	Round 3: switch sides!
☆	☆	☆

Real-Life Challenge! Use the 5 steps this week.

☐ I stayed calm ☐ I listened first ☐ We found a fair idea

Our solution was: .....

How did your peacemaking feel? Tick your choice!

★★★	★★☆	★☆☆
Super peacemaker!	**Getting there**	**Needs more practice**
☐ Tick here	☐ Tick here	☐ Tick here

The step I find hardest is... .....

Parent / Teacher Feedback

What the child did well: .....

One thing to try next time: .....

Peacemaker stars: ☆ ☆ ☆ ☆ ☆ **Signed:** .....

Well done! You are a peacemaker!