



Teaching Progression:



Step 4: Reflect

REFLECTION QUESTION(S):

- How did I respond to this conflict?
- Am I proud of how I communicate my needs and feelings?
- What went well during the conflict resolution?
- What could have gone better?
- How can I personally do better the next time I face conflict?

GUIDING QUESTIONS:

How do I compromise with others to create a fair plan to resolve conflict?

NHES PERFORMANCE INDICATORS:

(4.8.1) Apply effective verbal and nonverbal communication skills to enhance health. (4.8.3) Demonstrate effective conflict management or resolution strategies.

VALUABLE VOCABULARY:

reflect,
conflict resolution,
needs, feelings,
compromise



SUGGESTED LEARNING ACTIVITY 1:

Ask students questions that will help them understand the importance of looking back on a conflict they experienced and reflecting on what they learned. For example ask the following questions:

- How did I respond to this conflict?
- Am I proud of how I communicate my needs and feelings?
- What went well during the conflict resolution?
- What could have gone better?
- How can I personally do better the next time I face conflict?

TEACHING NOTES:

- Model this reflection process by sharing with students a time when you experienced conflict and how resolving the conflict enhanced your health.
- Provide multiple opportunities for students to answer these questions.
- Allow students to reflect in a variety of modes, including: writing, partner discussion, whole-class discussion, and one-on-one conferencing.