

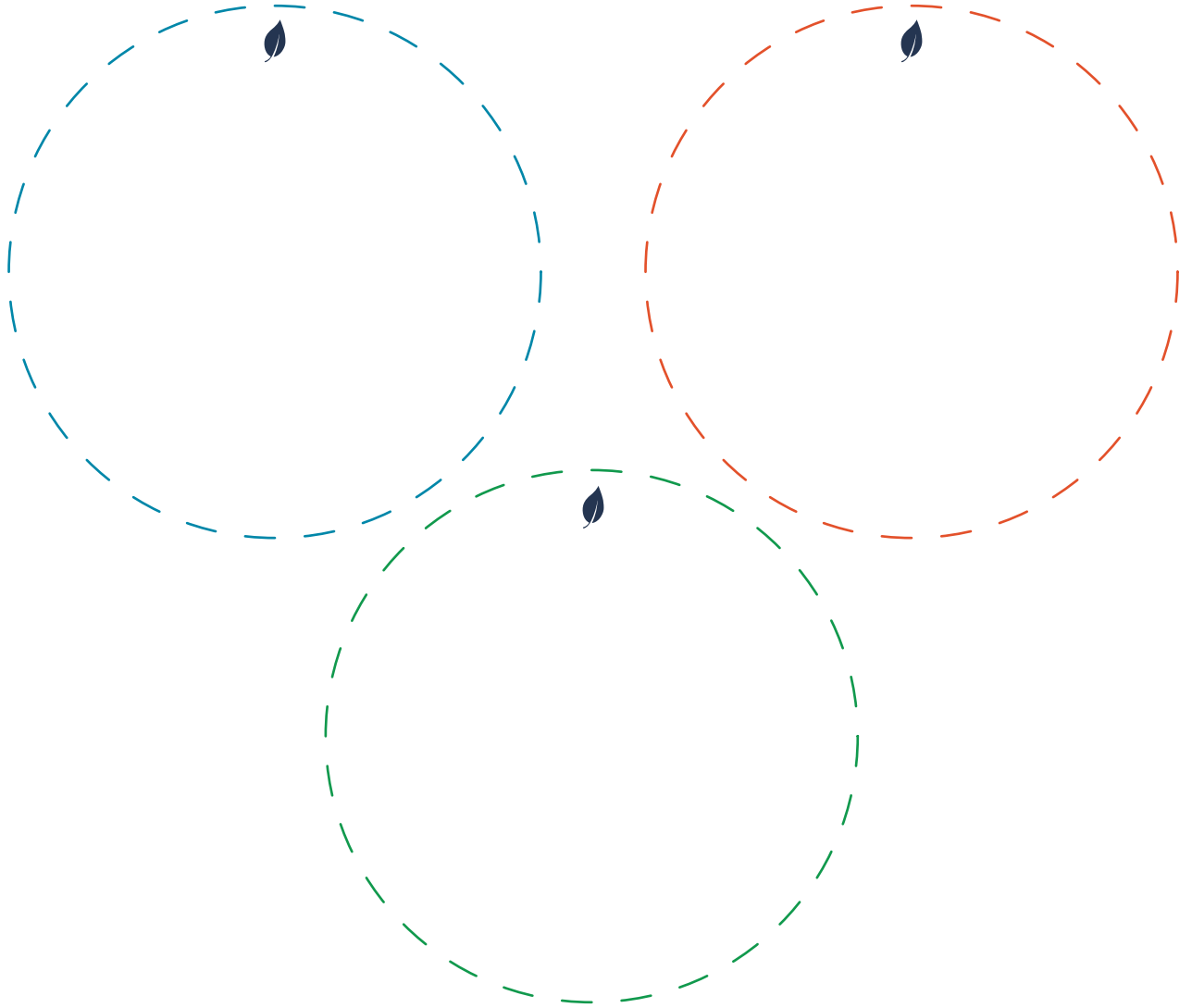
Name:

Grade:

Date:

## My Emotions When Facing a Conflict

1. In the following three circles write, draw or color the emotions you feel when having a conflict with a friend.

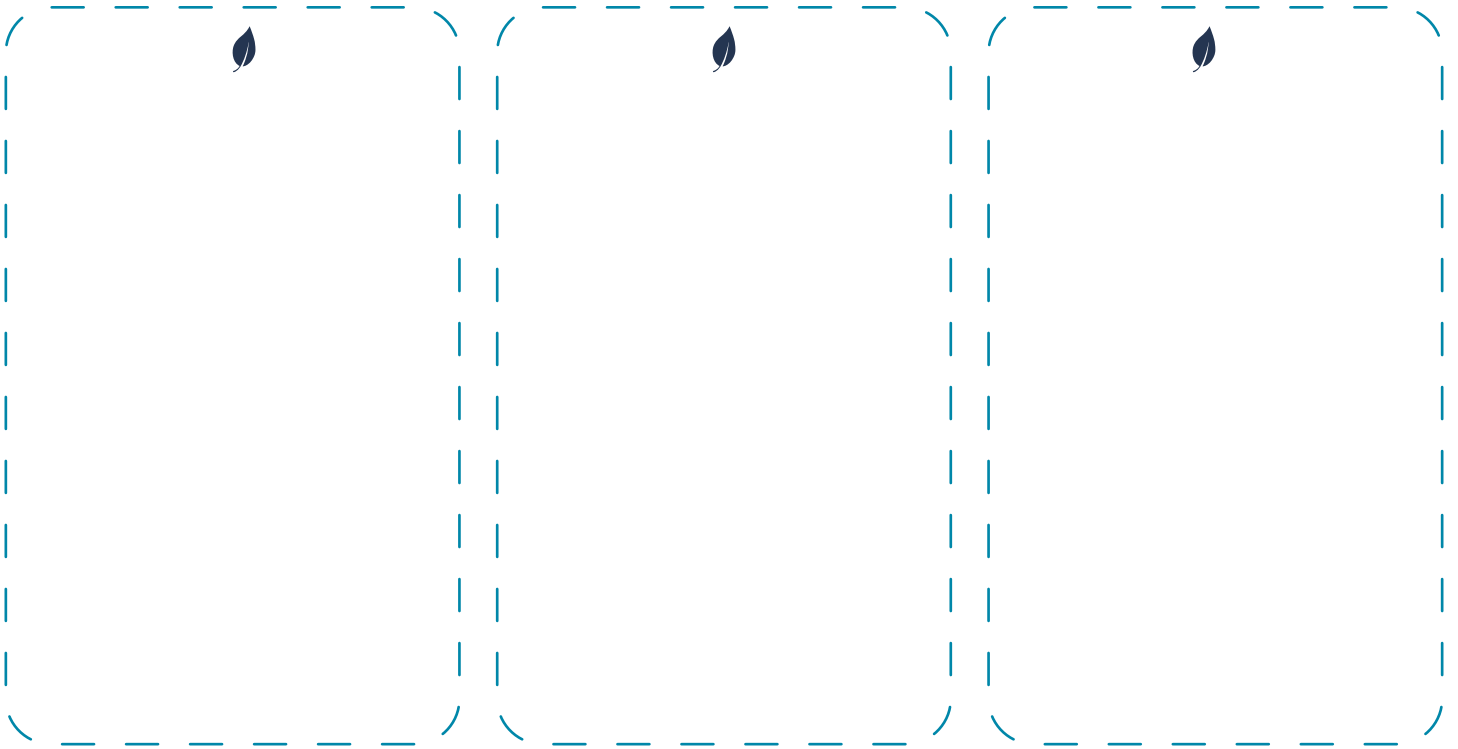


2. Connect with your emotions and think of three ways in which you could share what you feel without hurting your friend and write them below:

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_



3. In the following pictures draw the parts of the body that you most feel the emotions when you have a conflict.



Three large, empty rectangular boxes with dashed blue outlines and rounded corners are arranged horizontally. Each box contains a small, dark blue leaf icon at the top center, serving as a starting point for drawing.

4. You can express to your friend the problem or discomfort you have in front of what he did or said through:

- A letter
- Talking
- Drawing
- A song
- Other

Once you have chosen one and you have done it, wait for your friend's answer and try to find a solution together.

5. To help you find solutions, think of agreements or actions that you can make and commit yourself:

a \_\_\_\_\_  
\_\_\_\_\_

b \_\_\_\_\_  
\_\_\_\_\_

c \_\_\_\_\_  
\_\_\_\_\_

