

Brainstorming Healthy Solutions to Interpersonal Conflicts Worksheet

1. Using this worksheet, reflect on what kind of conflicts you witness in your school and neighborhood. When filling this out, be as descriptive as possible so it can help you create your puppet story.

What conflicts do you encounter in school?

- _____
- _____
- _____
- _____

What conflicts do you encounter in your neighborhood?

- _____
- _____
- _____
- _____

2. Choose two of the most urgent conflicts from the list you have created.

Conflict 1 _____

Why is this so important to address right now?

Conflict 2 _____

Why is this so important to address right now?

3. How could you resolve these conflicts using healthy approaches that center love, compassion, and understanding for **all** the puppets involved?

Conflict 1:

Possible healthy approaches that center love, compassion, and understanding:

Conflict 2:

Possible healthy approaches that center love, compassion, and understanding:

4. Pick up your puppets and act out the conflict.

Once you have acted out your puppet conflict, try to solve the conflict with your healthy approach.

At what moment could one of the puppets have made a different choice?

How did the other puppet respond to this healthy approach?

Did this focus on love, compassion, or understanding change the outcome of the relationship between the puppets?

5. Are there any benefits in solving interpersonal conflicts in our school or neighborhood by focusing on love, compassion, and understanding for all of the puppets involved?
