Title: Help me out!

Exercise Code:

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| Modules: | Group size: | Duration: |
| 1. Social Learning  5. Conflict Solving Strategies  7. Mediation  8. Situational Awareness | Small group | 45 min |

# Purpose:

The aim of this exercise is to draw attention to the number of conflicts and similar stressful situations experienced by participants in one week and use others in the group to come up with reasonable solutions for each conflict.

# Description:

Distribute “Conflict sheet” to each participant.

Ask participants to sit in a circle.

Ask the participants to use the table and record 3 conflicts that they were involved in, in the last 3 days.

Ask participants to record the ‘toxic words’ that triggered the conflicts and made them feel that they had to protest and defend themselves.

Allocate 10 minutes for this part.

Ask a volunteer participant to read the first conflict cases they have identified.

The person on the left should then proceed to provide a solution to resolve the conflict.

Ask this person to present his own conflict and again the next people on the left should provide the solutions.

Continues with this cycle until all cases have been presented.

# Material:

# Methods:

# Advice for Trainer:

Discussion

How did recalling a conflict make you feel? Could you have handled that particular situation differently? What was the trigger word that made you feel you are in a conflicting situation? How helpful were other’s suggestions? Could you use the new suggestions to resolve your conflict or prevent them from happening in the first place?

# Source/Literature:

# Handouts:

“Conflict sheet”

# Contributor: ECC