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| **Year 5 Spring 1 PSHCE –Conflicts** |
| **Key information*** Conflict is when people have a serious disagreement.
* Some conflicts can last for a long time and can be difficult to solve.
* At some point in our lives, we all come into conflict with people.
* Learning how to resolve (end) conflict is an important life skill.
* A big part of resolving a conflict is managing our emotions.
* When you are feeling angry, it can be tricky to resolve a conflict.
* It can sometimes be a good idea to walk away from a conflict and then discuss it later when everyone is feeling a bit calmer
 |   A drawing of a person  Description automatically generatedconflict/disagreement resolutions   |
| **Vocabulary*** disagreement
* argument
* conflict
* resolutions
* emotions
* angry
* hurt
* stubbornness
* empathy
* compromise
 |   Unnecessary and hurtful words - Quotes Empire |