

Skills Worksheet

Directed Reading

Lesson: What Is Conflict?

- _____ 1. Conflict is any situation in which ideas or interests
- a. are always bad.
 - b. are resolved in a healthy way.
 - c. go against one another.
 - d. All of the above

INTERNAL CONFLICT

2. What is internal conflict?

EXTERNAL CONFLICT

- _____ 3. External conflict is conflict that happens
- a. in cold weather.
 - b. with another person or group of people.
 - c. outside.
 - d. with yourself.

Lesson: Managing Conflict

- _____ 4. The most important part of managing conflict is
- a. stress.
 - b. communication.
 - c. walking away.
 - d. anger.

COMMUNICATING DURING CONFLICTS

- _____ 5. Body language includes
- a. the way you stand.
 - b. eye contact.
 - c. facial gestures.
 - d. All of the above

Directed Reading *continued*

RESOLVING CONFLICTS

6. The process of finding a solution to a conflict with which everybody involved in the conflict agrees is called _____.

7. List the three ways that conflict can end.

EMPATHY

- _____ **8.** Empathy is a way of
- a.** resolving conflict.
 - b.** putting yourself in someone's shoes.
 - c.** developing a win-win solution.
 - d.** All of the above

NEGOTIATION

- _____ **9.** The process of give and take during a conflict is called
- a.** communication.
 - b.** walking away.
 - c.** negotiation.
 - d.** empathy.

COMPROMISE AND COLLABORATION

10. A solution to a conflict in which both sides give up things to come to an agreement is called _____.

11. A solution to a conflict in which both parties get what they want without having to give up anything important is called _____.

WALKING AWAY

12. Describe the term "picking your battles."

Directed Reading *continued*

Lesson: Anger

- _____ **13.** Anger is
- a.** always good.
 - b.** always bad.
 - c.** neither good nor bad.
 - d.** None of the above

- 14.** A strong negative feeling toward someone or something that is caused by a sense of being hurt or wronged is called _____.

ANGER AT EVENTS

- 15.** When does anger at events usually happen?

ANGER WITH OTHERS

- 16.** What should you do if you become angry as a result of somebody's behavior?

TAKE A LOOK AT YOURSELF

- 17.** Give an example of something you might do that could cause others to feel angry.

ANGER TURNED INWARD

- _____ **18.** When you feel that you have failed or made a mistake, you become angry with
- a.** your dog.
 - b.** yourself.
 - c.** your parents.
 - d.** the world.

FORGIVING YOURSELF

- 19.** Staying angry with yourself can lead to _____ problems.

Directed Reading *continued*

Lesson: Managing Anger

ANGER AND RELATIONSHIPS

20. Is anger always unhealthy? Explain.

ANGER AND VIOLENCE

21. Using physical force to hurt someone is called _____.

22. What are the two kinds of signs that someone may become violent?

CALLING A TRUCE

23. Calling a truce means taking a _____ from the conflict to let things cool down.

GOING TOO FAR

_____ **24.** Which is NOT a possible consequence of poorly managed anger?

- a.** ruined relationships
- b.** violence
- c.** getting grounded
- d.** better health

PREVENTING VIOLENCE

25. What should you do if someone is making threats of violence?

Lesson: Expressing Anger

THE WAY YOU EXPRESS ANGER IS IMPORTANT

26. In what two general ways can you express your anger?

Directed Reading *continued*

HEALTHY EXPRESSIONS OF ANGER

_____ 27. Which of the following is a healthy way of expressing anger?

- | | |
|------------------------------------|------------------------|
| a. using loud or aggressive speech | c. clenching your fist |
| b. having a calm discussion | d. making threats |

WATCH YOUR WORDS

_____ 28. Which is the best way to express your anger during a conflict?

- | | |
|-----------|------------------|
| a. calmly | c. loudly |
| b. rudely | d. with violence |

UNHEALTHY EXPRESSIONS OF ANGER

29. List two possible consequences of expressing your anger in an unhealthy way during a conflict.

STAYING COOL

30. Getting enough rest, eating a healthy diet, and doing regular exercise will
make you less likely to express your anger in _____ ways.

Lesson: What Is Stress?

31. Define stress.

EVERYBODY HAS STRESS

32. What can happen if stress is managed poorly?

WHAT IS NEGATIVE STRESS?

33. What is negative stress?

Directed Reading *continued*

THE SIGNS OF NEGATIVE STRESS

34. List three possible consequences of negative stress.

Lesson: Sources of Stress

STRESSFUL EMOTIONS

35. The way that your body responds to your emotions is what causes

WHAT CAUSES STRESSFUL EMOTIONS?

36. List two things that can cause stressful emotions.

Lesson: Managing Stress

PREVENTING STRESSFUL SITUATIONS

37. Explain how you can prevent stressful situations.

REDUCING STRESS THROUGH PHYSICAL ACTIVITY

38. Physical activity is a way to take your _____ and

_____ away from the cause of your stress.

BE CREATIVE!

39. List three creative activities that can help you reduce stress.
