

Grade 7 Life Orientation Worksheet

Resolving conflicts

There are some basic rules about how to treat others with respect. We can apply these 'rules' to most conflict situations in order to resolve the conflict in a peaceful manner.

You can add to the list, but here is a good place to start:

1. Care about other people's feelings.
2. Value other people's opinions.
3. Listen to what other people have to say.
4. Be kind.
5. Be considerate.
6. Pay attention to what people like and don't like.
7. Do not tease or mock.
8. Do not insult people or name-call.
9. Do not talk about people behind their backs.
10. Do not pressure people to do things that they are not comfortable with.

ACTIVITY (10 marks)

Apply one of the above rules to each of the conflict-situations below.

- a. "Try it, your mother will never know. Go on, don't be afraid. It will be fun."
- b. "You are a complete idiot. No wonder you are a failure!"
- c. "I don't care what she thinks about that dress. She is my bridesmaid and so it is my choice!"
- d. "I don't want to put you out, so I will meet you half-way to collect the files."
- e. "I know she will be upset when she sees I have invited her ex-boyfriend, but she will have to cope."
- f. "What does she know about that? She's just a secretary!"
- g. "Naa naa na na.... you're too fat to run!"
- h. "I'm not listening to what she says. I'm doing it anyway."
- i. "She is so fat. I mean, just look how she's bulging out of those jeans...."
- j. "I think that Mary is such a stuck-up cow. Shh... Here she comes!"

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Suggested Solutions

ANSWERS (10 marks)

- a. 10
- b. 8
- c. 6
- d. 5
- e. 1
- f. 2
- g. 7
- h. 3
- i. 4
- j. 9