



## 5 Conflict & Resolution Activities For Any Programme

by The Jirafa Project

Throughout this year our goal is to give you guys tools and methods, which help discuss conflicts openly. We have been very forward in promoting that conflict is not a bad thing if handled in a constructive way. You have perhaps already heard about the three Cs – Confronting Conflict Constructively. If we do that we can turn a seemingly bad situation into something that can potentially lead to stronger relationships and development.

Two of CISV's groups working on developing ready-to-run activities on this content area are the International Junior Branch Stand Up team and we, The Jirafa Project.

Stand Up will create six ready-to-run activities throughout this year and The Jirafa Project has created a Toolbox with eleven simple yet effective activities. These activities can be run with participants in various age groups, and will allow them to develop the attitudes, skills and knowledge that we need to handle conflicts in a constructive way.

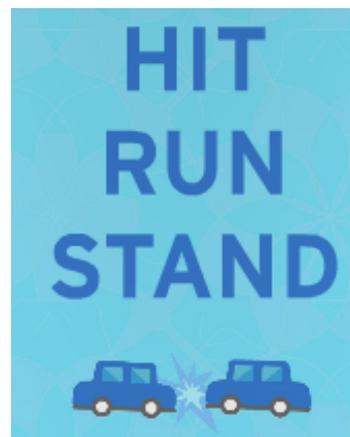
We have picked five activities that we encourage you to try

### 1. How do you Define Conflict?

This activity is created by the Stand Up team and has the goal of creating an understanding of what can be a conflict and how resolutions can apply to different situations.

### 2. Hit-Run-Stand

This activity is also created by the Stand Up team, and it is a great tool where you can learn about three ways to resolve conflicts. After doing this activity you will be more aware of how you react to a conflict and you will get the ability to understand the others persons perspective better.



### 3. Dialogue not Debate

This activity is created by The Jirafa Project, and is there for participants to learn how to differentiate between dialogue and debate. The world needs more dialogue where we use our listening and acknowledging skills, but it is not always as easy as you might imagine.

#### **4. Peace Trumps**

This activity can be found in The Jirafa Tool-Box. The world might seem filled with discouraging violence, but everyday thousands of people are fighting and working towards creating a better world, just like we do in CISV. This activity will focus on these unique individuals and by running this activity you will have much more knowledge about Nobel Peace Prize winners. This activity demands a little preparation as you need to print out the cards, but the rewards will be great as you will learn together and from each other much more about what can be done in order to create a more peaceful world.

#### **Creating Problem Solving**

This activity can also be found in The Jirafa Tool-Box, and addresses the need for creativity in conflict resolution. Sometimes people get the same instructions, but the outcome is completely different, why is that and what can we learn from this? Run this activity and find out.



These five activities vary a little regarding difficulty level. How do you Define Conflict, Hit-Run-Stand, Dialogue not Debate and Creating Problem Solving are activities that can be run for 11 years old and up. The only difference is that if you facilitate for the younger groups you might allow for some extra time to think (and translate for non-native speakers) so you can ensure a good process where the educational objectives of the activity are reached.

Peace Trumps is an activity that we recommend that you only run for 17 years old and up, as it is required to have some preexisting knowledge about the Nobel Peace Prize winners and their historical context going back to the 1960s to understand and enjoy this activity.

The Toolbox can be found [here](#), How do you Define Conflict can be found [here](#) and Hit-Run-Stand can be found [here](#).

Let's make use of these great activities and run them throughout the year so we can become better conflict solvers!

Best Regards,  
**The Jirafa Project**