

navigating conflict



**Build a “Trust Tower”
using objects, drawings,
or symbols that represent
trust. Each piece can
show a behavior
(e.g., honesty, reliability).
Then explain to your
group what each
one means.**



Co-create a
“Brave Space Code”
with your group by
writing 5 commitments
that foster honesty,
courage, and
vulnerability, and
display them for
everyone to see.



A new participant
in your group feels
ignored and left out.
With your team, design
a mini “welcome ritual”
or habit that helps
everyone feel included.



Imagine your group
as a “Team of
Superpowers.” Each
person names one
strength. Then discuss
how combining these
strengths can help in
challenging situations.



Design an “Empathy Playlist” with songs that help calm, reflect, express emotion, or heal. Then, with your pair or group, discuss why you chose each song.



You enter the
“Room of Many Voices”
with your group, where
no rules exist yet.

Together, create fair
and inclusive decision-
making strategies that
ensure everyone’s voice
is heard and valued.



Everyone writes one thing they do to calm themselves during conflict. With your group, mix the papers, read them aloud, and guess who wrote what and why.



With your team, mark corners for “Withdraw,” “Confront,” “Listen,” and “Negotiate.” Stand where you usually respond in a conflict and share why with the group.



Share a personal conflict story. Others respond only with questions or reflections, not solutions. Close by reflecting on how listening this way changed your perspective.



Plan a group party
with different
preferences (dinner,
dancing, games).
Create and present
a compromise
plan that includes
something for
everyone.

