

# THE CONFLICT CAT



## CARD GAME



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**The Conflict CAT game is a role playing game that helps kids to learn how to work out conflicts peacefully.**

## **GAME SET UP**

Number of players: 2-8

Set up: Separate cards into four piles, face down.

Choose the first two actors and one person to be the timer.

Goal: To act out the conflict written on the card and solve the conflict using the mindfulness skill, tool, and apology on the chosen cards.

# DIRECTIONS

1. The timer draws a card from each pile and turns them face up on the table. The actors take a moment to look at the cards.
2. Timer sets a timer (or just gets ready to count) to 10 seconds (using one-Mississippi).
3. Timer says "Action!" and the actors start acting out the conflict - going up the Conflict Escalator.
4. After ten seconds the Timer says "Time!" and the actors have to start to work out the conflict.
5. One actor must say: "We're going up the Conflict Escalator!"
6. The actors role play working out the conflict by using the cards they have drawn - they do the mindfulness practice, they choose a language for an apology, and then they try to solve the conflict using one of the tools on the card. NOTE: If neither of the tools is an appropriate way to solve the conflict then they can choose another.
7. Once the conflict is resolved the players switch parts and play again. Make up your own conflicts once all the conflict cards have been used.



***Peace of Mind*** is a non-profit organization that supports mindfulness-based social and emotional learning for children.

***Peace of Mind's*** mission is to help children develop life skills to notice and manage challenging emotions, build healthy relationships and solve conflicts peacefully.

Find out more at:  
[TeachPeaceofMind.org](http://TeachPeaceofMind.org)

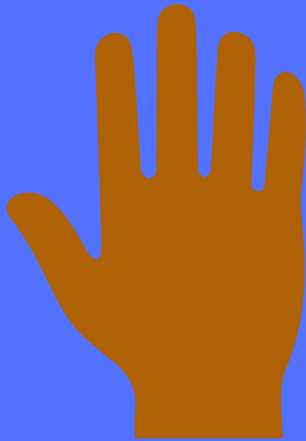
# GRAVITY HANDS



As you breathe in,  
lift your hands slowly.

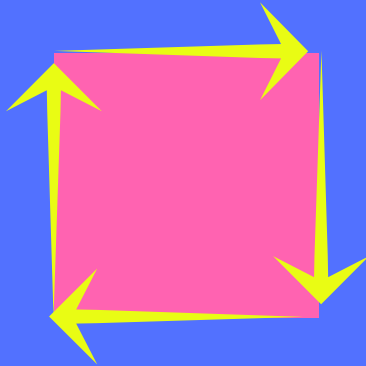
As you breathe out,  
lower your hands gently.

# TAKE FIVE



Trace your hand while you  
breathe in and out.

# FOUR SQUARE BREATHING



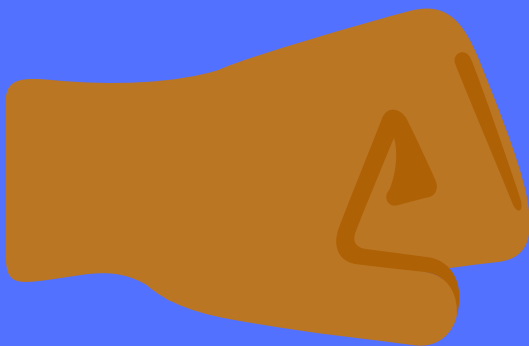
Breathe in four.

Hold four.

Breathe out four.

Wait four.

# SQUEEZE & RELEASE



Tighten all your muscles.  
Hold for 5, then release.  
Repeat.



# APOLOGIZE



Je suis désolé (French)

Lo siento (Spanish)

Mi dispiace (Italian)

Es tut mir leid (German)

# APOLOGIZE



Ana Asif (Arabic)

Undskyld (Danish)

Gomen nasai (Japanese)

Pole (Swahili)

# APOLOGIZE



Förlat (Swedish)

Main maafi chahti hoon (Urdu)

Mujhe maaph kar do (Hindi)

I'm sorry (English)

# APOLOGIZE



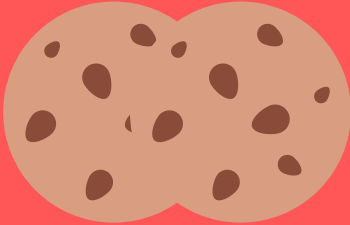
Syngnomi (Greek)

Azinalehu (Amharic)

E kala mai ia 'u (Hawaiian)

Patawad (Tagalog)

# SHARE



Share it or split it  
fairly.

# LEAVE IT TO CHANCE

Flip a coin; play  
rock-paper-  
scissors, count  
eenie-meenie-  
minie-mo, or use  
another way.



# TAKE TURNS



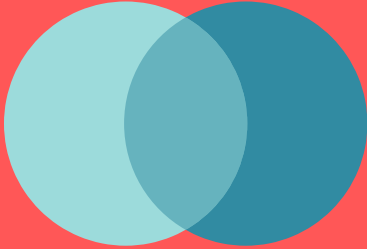
Hint: Works best when you give the other person the first turn.

# GET HELP

Ask someone else to help you work out the conflict.



# COMPROMISE



Find some other solution that will make you both happy.

# SKIP THE CONFLICT

Just walk away from the conflict if it's not worth it or to protect yourself.



# PAUSE THE CONFLICT



Take a break and come back to it later when you are more calm.

# BE KIND

Let the other person have their way.





# CONFLICT SCENARIO #1



Two kids disagree about  
what to name the new  
class pet.

# CONFLICT SCENARIO #2



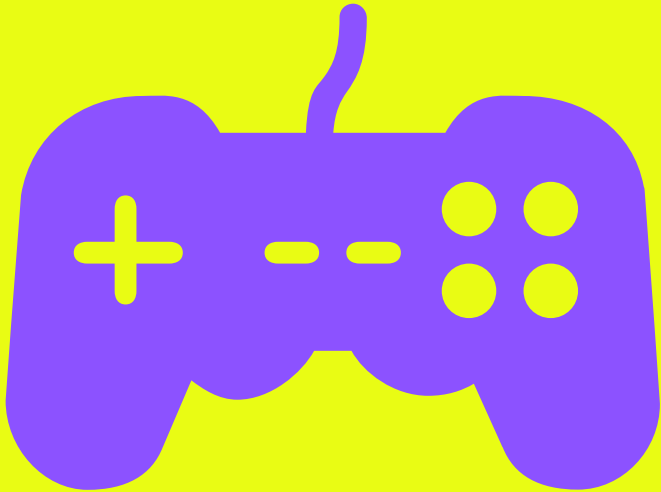
Two kids disagree about whether basketball or football is the best sport.

# CONFLICT SCENARIO #3



Two kids argue about who gets to sit in the special classroom chair.

# CONFLICT SCENARIO #4



Two kids argue about what  
video game to play.