



Social Skills



Grade 10



Mentee:

Grade:

Date:

SOCIAL SKILLS ACTIVITY:

Improve conflict-resolution awareness by analysing a past misunderstanding and exploring ways to handle similar situations better in the future.

Write a short summary of the misunderstanding. What happened? Who was involved?

Explain your thoughts and feelings. How did you feel at the time? How do you think the other person felt?

How was the situation handled? Was it resolved, or did it remain tense and awkward?

Consider what you could have done differently. Could better communication, active listening, or a different approach have helped?

Lesson learned: What did you take away from this experience? How will you handle similar situations in the future.

