

Conflict Harmony Bridge

Act out a conflict, then build the bridge to resolve it together.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Each player writes a common conflict or misunderstanding on a slip of paper and places it in a bowl.
- 2 One player draws a scenario and two volunteers act it out without resolving it — showing the real feelings involved.
- 3 The group discusses what feelings were shown, what caused the conflict, and what solutions or compromises might help.
- 4 The same or a new pair replays the scenario, this time using one of the group's suggested resolutions, then everyone reflects on what they learned.

Ways to play

Two versions for every occasion

Way 1 — Full Role-Play Round

Best for 4+ players · Living room or classroom circle

- Sit in a circle and ask everyone to write one conflict scenario on a slip of paper.
- Draw a scenario; two volunteers act it out authentically without resolving it.
- Group discusses: What feelings were shown? What caused it? What are possible solutions?
- The same volunteers (or a new pair) act out the scenario again using a resolution the group agreed on.
- Close with a reflection — what would you do differently next time this comes up in real life?

Way 2 — Family Chat Version

Best for 2-4 players · Home, after school or at bedtime

- One parent or child names a tricky situation they've seen or experienced recently.
- Take turns doing a quick 60-second role-play of how the conflict might look.
- Pause and brainstorm together: three possible ways to handle it better.
- Pick the favourite solution and replay the scene with that ending.
- Ask: 'How did that feel different?' and give everyone a turn to share.

TIP FOR PARENTS

Try this at home

For younger children, use simple fictional scenarios ('two friends both want the last cookie') rather than real family disagreements — it lowers the emotional temperature and makes it easier to experiment freely.

THE SCIENCE OF
PLAY

Why it works

Role-play activates perspective-taking circuits in the brain, helping children (and adults) genuinely feel what another person experiences. Practising resolution in a low-stakes game environment builds the emotional vocabulary and confidence needed for real-world conflicts.

SCHOOL ' HOME

The connection

Your child played this at school to practise seeing both sides of an argument — try it at home the next time a sibling disagreement comes up, and you'll be amazed how quickly they start suggesting their own solutions.