

WHICH ANIMAL ARE YOU?*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 15 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Describe how they respond to conflict.
- ✓ **In This Activity You Will...**
 - Ask participants to look around the room and to choose an animal that best represents their response to conflict. (5 minutes)
 - Request participants to go to that poster and to discuss with others why they chose that animal. (5 minutes)
 - Each group presents the commonalities and differences. (5 minutes)
- ✂ **Materials:**
 - 4 sheets of newsprint, each labeled with one of the following animals:
 - Fox
 - Lion
 - Turtle
 - Bird
- 🔪 **Preparation:**
 - Prepare and hang newsprint

Instructions

1. Ask participants to take a few moments to think about how they personally react to conflict. Then ask them to look at each animal label and to go to the paper whose animal most closely resembles them in the way they respond to conflict.
2. Once people have gone to their animal stations, give them 5 minutes to discuss in their groups why they chose that particular animal.
3. After 5 minutes, discuss in the larger group what people have in common at each animal station and how they may be different from the other animals.

Summary

Wrap up by acknowledging that there are various ways to react to conflict and that different style of coping with conflict may yield different outcomes.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.