

MISSION: **PEACEMAKERS**

Can you help calm a conflict without choosing sides or making things worse?



Two friends have stopped speaking after an argument, and both want you to take their side. Being a peacemaker means responding with honesty, kindness, and respect. Decide how you could handle the situation while still being a good friend to both people.



MISSION AREA

Relationships



TIME

60-90 Minutes

CHALLENGE LEVEL



SKILLS YOU'LL BUILD



Communication



Conflict Resolution



Decision Making



Empathy



Self-Control



Respect

LAB NOTEBOOK



PLAN IT OUT



THE CHALLENGE

Two of your friends are in an argument and have stopped speaking to each other. Both of them want you to agree that the other person is wrong. Decide how you could respond without adding to the conflict or damaging either friendship.



- What do you actually know about what happened?
- How might each person be feeling?
- Is taking a side the same thing as being a good friend?
- What could you say that is honest without being hurtful?
- What might make the disagreement worse?
- What could help bring peace to the situation?

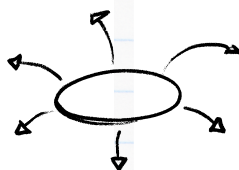
BRAINSTORM



List different ways you could respond. Think about what might happen after each choice.

WHAT I KNOW

WHAT I DON'T KNOW





MISSION RESOURCES

Peacemaker Tools

Being a peacemaker does not mean pretending nothing happened or agreeing with everyone. It means trying to handle conflict truthfully and respectfully without intentionally making the situation worse.

LISTEN FIRST

Make sure you understand what someone is saying before reacting.

STAY CALM

Strong emotions can make it easy to say something you regret.

DON'T ADD TO THE STORY

Repeating gossip, insults, or private information can make a disagreement grow.

BE HONEST

You can disagree with someone while still treating them respectfully.

LOOK AT BOTH SIDES

People can experience the same situation very differently.

SET BOUNDARIES

You do not have to participate in arguments, gossip, or pressure to choose sides.

THINK AHEAD

Before you say or do something, ask yourself: Will this help bring peace, or will it make the problem bigger?



MAKE YOUR PLAN!



MY PLAN



- What is the main problem?
- What does each friend want from me?
- What do I think is the most respectful thing to do?
- What do I want to avoid doing?

POSSIBLE OUTCOMES



What might happen if you follow your plan?



WHAT I WOULD SAY



- Write what you would actually say to your friends.
- You may want to think about:
- What would you say to Friend #1?
- What would you say to Friend #2?
- Would you encourage them to talk to each other?
- Is there anything you would refuse to participate in?

GREAT IDEAS / NOTES

Use this space to brainstorm another solution, think through a difficult part of the situation, or change your plan.





CURVEBALL

You feel like things
are going well until...

One friend tells you that you
cannot be friends with both of
them.

CHALLENGE TWIST



MISSION



DEBRIEFING



PRESENT YOUR CASE

Explain how you decided to handle the conflict.

Why did you choose that approach?

What was the hardest part of the situation?

Were there things you decided not to say or do?

How did the Curveball change your thinking?



LEARN FROM OTHERS

Did someone else think of a response you hadn't considered?

Did hearing another person's plan change anything about yours?



DIG DEEPER

Can you be a good friend without always agreeing with someone?

What is the difference between keeping peace and actually making peace?

What is one thing you learned today that you could use in a real disagreement?



CHALLENGE RATING

- ☐ Very Easy
- ☐ Easy
- ☐ Just Right
- ☐ Challenging
- ☐ Very Challenging



MY BIGGEST TAKEAWAY

The biggest thing I'll remember from this challenge is...
(Write it in the space next to this box!)



Challenge Coach Guide

Mission Goal

Life Lab challenges build confidence through real-life challenges that develop problem-solving, decision-making, and communication skills.

Before You Begin

Allow the student to think through the challenge independently. There is no single "right" answer. The goal is to encourage thoughtful decisions and meaningful discussion - not perfect solutions.

Your Role

As the Challenge Coach, your job is to ask questions, encourage discussion, and help the student think through problems - not solve them.



Coaching Questions

- Why did you choose that?
- What other options did you consider?
- What happened after the Curveball?
- Is there another solution?
- What trade-offs did you have to make?

CURVEBALL

Give the student time to revise their plan before offering suggestions. Real life rarely goes exactly as planned. Encourage flexibility and creative thinking.



Success Looks Like

By the end of the challenge, the student should be able to:

- ✓ Explain their thinking.
- ✓ Adapt when circumstances change.
- ✓ Defend their decisions.
- ✓ Learn from the ideas of others.



**ANOTHER CHALLENGE IS JUST AROUND
THE CORNER. ARE YOU READY?**

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