

Name: \_\_\_\_\_

# Learn to Negotiate



Most situations that lead to anger could be resolved with effective negotiation.

To negotiate effectively, try the following:

1. Maintain good body language, eye contact and listening skills.
2. Let each side clarify their position or wants by using I statements
3. Ask for a compromise and be prepared to compromise
4. Discuss a win/win situation where both individuals agree on settling

Role play the following situations using your negotiation skills:

1. Both individuals want the same item.
2. One individual took your device to play with without asking and doesn't want to give it back
3. Both individuals can't agree on which show to watch
4. One individual won't let you participate in group work
5. Somebody knocked an item of yours over and won't pick it up
6. Somebody is excluding you from something you want to do
7. You were lied to and your friend is denying it
8. Rude things are being said about you by your friend on social media
9. You got into trouble for something you did not do
10. Your friend keeps yelling and insulting you
11. You both want the same device
12. You are getting a new pet but your sibling wants a dog and you want a cat. You can't get both.
13. You broke your sibling's favorite toy and your sibling is very mad.