

Tools to better understand each other and cultivate harmony



Day 5

Your challenge today

Watch the video and think of a situation in which you were able to successfully manage a very strong emotion. What were your strategies?

During your challenge, you'll see **four video capsules** offering tips and techniques for resolving conflicts in a peaceful way. Here's the first one.

Click here to see the video

Tips and Techniques: Remaining Calm in the Face of a Conflict

What if the next challenge proposed a little game in order to get to know yourself better in any context with strong emotions?

About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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