

Peace Checklist

Cool Off

- Set 2 minute timer
- Choose activity on "Cool Off" list



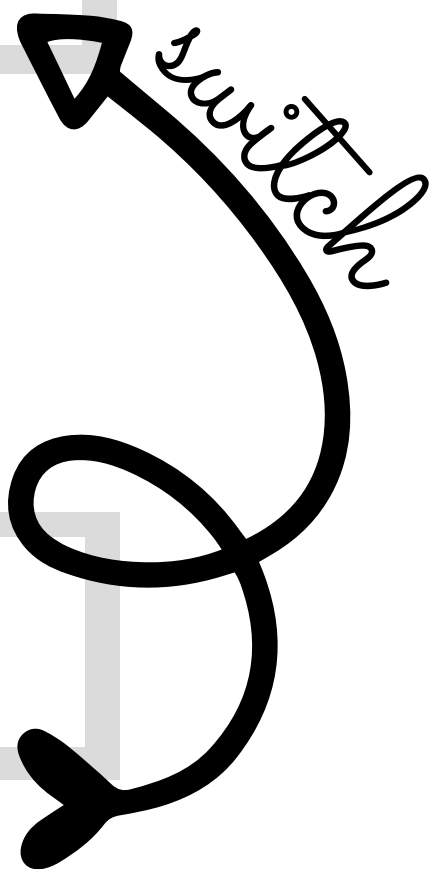
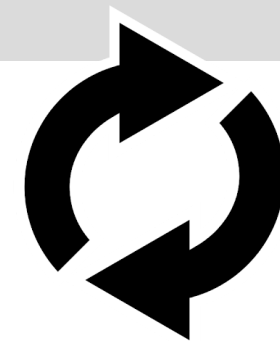
"I...."

- "I feel _____ when you _____."
- Listen



Repeat

- Repeat what you heard
- "I heard you say _____"



Find a Solution

- Our solution and promise to make peace:



Forgive or Thank

- Tell kind words
- Give a hug, handshake, or high five

