Solve It Together

Six steps to work out a conflict with words. Use them for everyday problems between friends.

Name: _____ Date: _____

1 Cool down

Calm body first

How I calmed down (breaths, a break, a drink of water):

_____

_____

2 Talk it out

Take turns, use I statements

My I statement: I feel ___ when ___ because ___.

_____

_____

_____

3 Name the problem

Say it in one fair sentence

The problem is (no blaming words):

_____

_____

4 Brainstorm

Three or more ideas, no put downs

Our ideas:

_____

_____

_____

5 Pick a win-win

Fair, safe, works for both?

We chose:

_____

_____

6 Try it, check back

Did it work? Fix it if not

We will check back on (when):

_____

Peace talk rules

- One person talks at a time
- Listen, then say back what you heard
- No name calling or put downs
- Work on the problem, not the person

Stop and get an adult right away if:

- ☐ Someone is hurt or might get hurt
- ☐ It keeps happening on purpose (bullying)
- ☐ Someone is scared or threatened
- ☐ You tried the steps and are still stuck

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Conflict Scenario Cards

Read a card. What does each person want? Find a win-win, then act it out.

Use the blank cards for conflicts that happen in your class, group or family.

Classroom 1

Two students both want the last red marker for their poster.

Recess 2

Two friends want to play different games at recess.

Classroom 3

Your partner did not do their half of the group project.

Friends 4

A friend keeps telling you what to do in every game.

Recess 5

Someone says you were out in four square. You say you were in.

Home 6

You and your sibling both want the front seat.

Classroom 7

Your table partner keeps bumping your desk while you write.

Friends 8

Your friend told someone else a secret you shared.

Home 9

Your brother keeps coming into your room without asking.

Online 10

A friend posted a photo of you that you do not like.

Recess 11

Two kids both grab the only soccer ball at the same time.

Classroom 12

Someone cut in front of you in the lunch line.

Friends 13

Two friends want to sit next to you, and there is one seat.

Home 14

You and your sister both want the TV at the same time.

Online 15

Your teammate quit the online game in the middle of a match.

Classroom 16

A classmate borrowed your pencil and gave it back broken.

Friends 17

You were not invited to a birthday party your friends went to.

Recess 18

Your team says the new kid cannot play because the teams are full.

Our own conflict:

Our own conflict:

Our own conflict:

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Our Win-Win Plan

Fill this in together, or with an adult helping. Each person gets a turn to talk and a turn to listen.

Person 1: _____

What happened, from my side:

How I feel:

What I really need or want (my why):

What I heard the other person say:

Person 2: _____

What happened, from my side:

How I feel:

What I really need or want (my why):

What I heard the other person say:

We both want: _____

Our ideas

	Fair to both?	Safe?	Could work?
1. _____	☐	☐	☐
2. _____	☐	☐	☐
3. _____	☐	☐	☐
4. _____	☐	☐	☐
5. _____	☐	☐	☐

Our plan: _____

We will check back on: _____

If it does not work, we will: _____

Signed: _____ _____

Check back: how did it go?

☐ It worked ☐ It sort of worked ☐ We need a new plan

What we learned: _____

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