

**1**  
Breathe!  
Get calm & centered before dealing with the conflict.

**2**  
USE I-statements.  
"I need \_"  
"I felt \_ when \_"  
"I hope \_"  
"I would like \_"

**3**  
APOLOGIZE IF YOU MADE A MISTAKE.

**4**  
Choose being kind over being right.

**5**  
Find a win-win solution!

**6**  
COMPROMISE.

**7**  
Listen without interrupting.

**8**  
Attack the problem, not the other person.

**TAKE**

**BREATH**

**DEEP**

**A**

**coloring/ ready made  
CONFLICT RESOLUTION FORTUNE TELLER**