hold the peace stone, then talk

Our *Peace Table*

For when everyone is calm enough to talk. Take turns holding the object. Only the person holding it speaks.

1. **I say how I feel**
   "I feel _____ when you _____."

2. **I say what I want**
   "I want _____."

3. **You tell me what you heard**
   "You feel _____ because _____."

4. **We find a fix together**
   "How about we _____?" Then shake hands, hug or high five.

Feeling words

mad · sad · scared · left out · frustrated · embarrassed · worried · jealous · hurt

For the grown-up. Not during the fight. If someone is hurt or still very upset, safety and calm come first, talk later. Sit nearby and ask questions ("What happened? What could you try?") instead of deciding who's right.