

CONFLICT RESOLUTION PICTURE CARDS



1



Stay Calm

Take a deep breath.

2



Listen

Let the other person finish.

3



Use I-Statements

Say how you feel and why.

4



Understand

Think about their point of view.

5



Find the Problem

What is the real problem?

6



Brainstorm

Think of ideas together.

7



Choose a Solution

Pick the best idea for everyone.

8



Agree

Make a plan you both agree on.

9



Respect

Be kind and follow the agreement.

10



Check In

See how it's going later.

11



Ask for Help

If you can't solve it, ask a trusted adult.

12



Learn & Grow

Use it as a chance to do better next time.