

Conflict Resolution Tool Box

Color in the tool box below. Inside, draw a representation of each of the 5 tools for Conflict Resolution:

1. **Stop**, cool off, and take a deep breath.
2. **Listen** to each other. Find out what you both need.
3. **Talk**. Share your feelings using I-Statements.
4. **Empathize**. Really try to imagine how the other person feels.
5. **Plan**. Brainstorm solutions and agree on a plan.

