

Talk It Out RESPECTFULLY

(Use an “I” Message)



Walk Away

and

LET IT GO

(Do some Belly Breathing)



Tell Them To “STOP”

(“I don’t like it when you \_\_\_\_\_\_\_\_\_.”)



Take Turns

and

SHARE



APOLOGIZE

(Say “I’m Sorry”

or

Write an I’m Sorry Note)



Wait

and

COOL OFF

(Do some Belly Breathing, Muscle Relaxation, or Tortoise Walking)