Tree of Choices

Conflict Resolution

Breathe it out

- Breathe and then talk it out
- Breathe and move on
- Breathe and think of next steps

Talk it out

- Use I-Statements
- Talk about a compromise
- Talk to a trusted adult

Move it out

- Move away from the problem area
- Move to a calming space
- Move to a new group or game

3 Branches

Make a choice

2 Heart

Name your emotions:
"I feel..."

1 Roots

Type of Problem:
Big or small?

PurposeFULL People