Conflict Resolution Tips



1. Stop & Stay Calm

- **Take a deep breath before speaking.**
- **Count to 10 in your head.**

2. Listen to Each Other

- **Let the other person talk without interrupting.**
- **Repeat back what you heard to make sure you understand.**

3. Use "I" Statements

- **Say: "I feel ___ when ___ because ___."**
- **Example: "I feel upset when you take my pencil because I need it for my work."**

4. Find Something You Both Agree On

- **Look for a solution where both people feel heard.**
- **Be willing to compromise.**

5. Ask for Help if Needed

- **If you can't solve it together, ask a teacher, counselor, or trusted adult.**