



The Peace Pathway



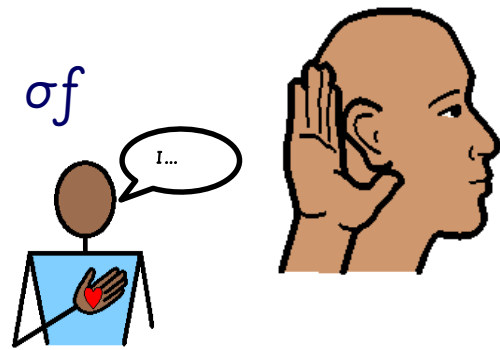
Step 1:

Stay calm. Take big breaths and count to 5. "1, 2, 3, 4, 5"
Go to Reflection Spot if you need to calm down first.



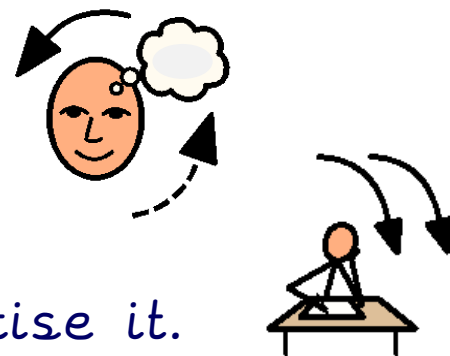
Step 2:

Listen to each other's point of view.
"I did not like it when..."
"I felt..."



Step 3:

Think of solutions together.
"Let's solve the problem by..."
"Next time, I will..."
Agree on a solution and practise it.



Step 4:

"Would you like a high five or a handshake?"



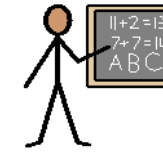
Can you find a solution to the problem?



Say, "Stop it. I don't like it!"



Tell a teacher or an adult.



Use a sand timer to take turns.



Use 'Eeny Meeny Miny Moe' to decide whose turn it will be first.



Apologise. Say why you are sorry or make a card.



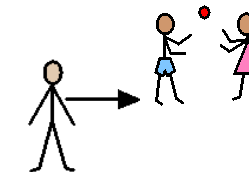
Talk it out.



Make a deal.



Join a different group or activity.



How big is my problem?

5

Emergency

I need an adult to fix the problem.

4

Gigantic problem

I need a lot of adult help to fix the problem.

3

Medium problem

I need some help to fix the problem.

2

Little problem

I might need a little help to fix the problem.

1

Glitch

I can fix the problem by myself.





Kilburn
Grange School
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