

Peace Kit script

A: Hi my name is _____ and I'm in ____ grade.

B: Hi, my name is _____ and I'm in ____ grade.

A: Today, we're here to talk to you about how to solve problems at Bella Vista using words.

B: Raise your hand if you've ever gotten into a conflict with another student. Conflict means to have a problem with another student, sometimes this can be an argument or if someone made you feel upset.

A: We know that conflicts can lead to problems between students or make students feel unsafe at school. We're here to show you some tools to help you when there is a conflict. The first thing we would like to show you is the Peace Kit. This is the Peace Kit, the Peace Kit is meant to be used for 3 things

B: The first way we can use the Peace Kit is to cool off and calm down if you're upset or angry. What helps me cool off when I'm upset is _____.

A: What helps me cool off when I'm upset is _____.

B: It's important that you cool off when you're angry so that you don't do or say anything that is mean or not safe. Inside the Peace Kit, there are fidgets and items that might help you cool off such as [show some examples of fidgets]. Remember that the Peace Kit is for the whole class to use. Please don't break or steal the fidgets.

A: Another way we use the Peace Kit is for circle time. Raise your hand if your class has a circle everyday. Our class holds circle time everyday during _____.

B: Inside the Peace Kit there is a Circle Guideline so you remember the agreements during circle. The fidgets also work really well as a Talking Piece for your class circles.

A: The last way to use the Peace Kit is for conflicts with another student. The Peace Kit has ways to help you solve a problem with another student. After you cool off, you can have a Talk it Out with the other student. There are 5 steps to Talk it Out. [Show Talk it Out sheet].

B: Step 1 is to Cool off. Again, this is the most important step because if you're not calmed down, you'll probably have a hard time listening and sharing with other students.

A: Step 2 is to talk and listen to each other using your "I" Messages. Some examples of "I" Messages are "I felt _____ when _____." or "It made me feel _____ when you _____". Make sure you share how what happened made you feel so that the other person understands how they might have hurt you.

B: Step 3 is to find out what each person needs to make it right. Now that we know what we did wrong to hurt the other person, it's important to talk about what we need to make it right. Sometimes that might be an apology or space.

A: Step 4 is to work with the other person to agree on the idea that you both like best to make it right. Sometimes that means you'll both have to compromise which means to be flexible so that you're both okay with the solution.

B: Step 5 is the most important step, it's to do what you both agreed on! If you don't follow through with what you say you're going to do, then there's no point in talking it out if you're not going to do it.

A: If talking it out sounds complicated, there's also a Peace Path in your Peace Kit. The Peace Path lets you read what you should say to help you and the other person talk it out. There are 5 steps to the peace path and the person who is A should go first. We will now give you an example to how the Peace Path works. **Lead example of Peace Path!

B: After I do the peace path it makes me feel _____.

A: After I talk it out with other students it helps me feel _____.

B: Some other things in your Peace Kit include [show items]. You can also use the items in your Peace Kit for your classroom or morning circles as the talking piece.

A: Remember the Peace Kit is to help students and is not just toys to play with. We hope that the Peace Kit helps you when you're feeling sad or if you're having a problem with another student. Please help your class by making sure you all help take care of the Peace Kit.

A+B: Thank you for listening to us today!