THE TOOLS of COOL TOOLS

COOL TOOL	Why I might need it
Tool box 	Handling Conflict
Bubbles 	**Personal Space** Respect each other's Bubble Space. Stand 2-3 feet apart when lining up!
Microphone 	**"I statements"/Tone of voice** • Use a calm, kind voice when upset! Your classmates will be more willing to listen and work things out. • Use your "I" statements. • ***Example:*** "I feel angry when the rules for handball aren't followed. We all need to follow the rules so we each get a turn."
Ice cubes 	**Time to "Cool Down"** If you're feeling angry, frustrated, or upset: • Be still • Take a deep breath • Count to 10! *Take this moment to Cool Down!*
Shoe 	**Exit strategy** If you feel an argument or disagreement is getting too heated and you can't work it out in the moment: • **Say:** *"I'm too upset to work this out right now. I have to walk away. We can work this out later."* • Then, **walk away.**
Toothpaste 	**Choosing Words Carefully** When you feel angry or frustrated, you don't want to say hurtful things because it's now out there, just like toothpaste out of the tube! Take a deep breath, count to 10, and use your "I" statements instead!
Dice 	**Communicating Kindness** Do not tease or say "Put Downs". *It takes up to 25 "Put Ups" to ease the hurt of one "Put Down"!* **Roosevelt Students are kind to one another!**
Kaleidoscopes 	**Compromise/Different Points of View** • Try to imagine yourself in your classmate's shoes. • Listen Carefully to understand their point of view. • Ask yourself: "How can I work this out so that we can come to an agreement?
Eraser 	**Forgiveness** It's okay to make mistakes. It's what we do afterwards that counts! Admit your mistake and apologize. Forgive others if they make a mistake!