

WAIT AND LISTEN TO WHAT THE OTHER PERSON HAS TO SAY

1. Place students in groups and have them brainstorm responses they might have to some of the I feel statements created that would help resolve the conflict instead of make it worse.
2. Explain that when someone uses an I feel statement it may catch them off guard and it may be a good idea to take a deep breath and think before they respond. Our first thought is not always our best thought. This is why we take a minute to wait and listen.
3. Good responses often start with restating what the person said to make sure you understand what they are saying and acknowledging what you think happened.