



Peace Path

Step 1: Engage

Come together calmly.

No one is in trouble, but we need to talk about what happened.

If this isn't happening, tell an adult.



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Step 2: Reflect

Be quiet and calm.
Give eye contact.
Show full body listening.

Take turns to say how you feel.

"I'm feeling in the _____ zone. It makes me _____ when..."



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Step 3: Understand

Tell each other what you've heard to check you've understood each other well.

"I heard you say that you were feeling in the _____ zone, and it makes you _____ when..."



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Step 4: Acknowledge

Is there anything you need to say to each other to put things right?

We say sorry if we make someone upset.

"I'm sorry that I..."
"Thank you."



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Step 5: Agreement

In our school we do the things which are helpful and pleasant for others.

Agree what you will try next time.

"From now on, I will..."



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Step 6: Leave in Peace

Well done for following the peace path to help both of you feel better.

Nod, smile and leave in peace.

